

Copyrighted Materials

	Never	Some- times	Lots of times	Almost all of the time
1. Bad dreams or nightmares.....	0	1	2	3
2. Feeling afraid something bad might happen.....	0	1	2	3
3. Scary ideas or pictures just pop into my head.....	0	1	2	3
4. Pretending I am someone else.....	0	1	2	3
5. Arguing too much.....	0	1	2	3
6. Feeling lonely.....	0	1	2	3
7. Feeling sad or unhappy.....	0	1	2	3
8. Remembering things that happened that I didn't like.....	0	1	2	3
9. Going away in my mind, trying not think.....	0	1	2	3
10. Remembering scary things.....	0	1	2	3
11. Wanting to yell and break things.....	0	1	2	3
12. Crying.....	0	1	2	3
13. Getting scared all of a sudden and don't know why.....	0	1	2	3
14. Getting mad and can't calm down.....	0	1	2	3
15. Feeling dizzy.....	0	1	2	3
16. Wanting to yell at people.....	0	1	2	3
17. Wanting to hurt myself.....	0	1	2	3
18. Wanting to hurt other people.....	0	1	2	3
19. Feeling scared of men.....	0	1	2	3
20. Feeling scared of women.....	0	1	2	3
21. Washing myself because I feel dirty on the inside.....	0	1	2	3
22. Feeling stupid or bad.....	0	1	2	3
23. Feeling like I did something wrong.....	0	1	2	3
24. Feeling like things aren't real.....	0	1	2	3
25. Forgetting things, can't remember things.....	0	1	2	3
26. Feeling like I'm not in my body.....	0	1	2	3
27. Feeling nervous or jumpy inside.....	0	1	2	3
28. Feeling afraid.....	0	1	2	3
29. Can't stop thinking about something bad that happened to me...	0	1	2	3
30. Getting into fights.....	0	1	2	3
31. Feeling mean.....	0	1	2	3
32. Pretending I'm somewhere else.....	0	1	2	3
33. Being afraid of the dark.....	0	1	2	3
34. Worrying about things.....	0	1	2	3
35. Feeling like nobody likes me.....	0	1	2	3
36. Remembering things I don't want to remember.....	0	1	2	3
37. My mind going empty or blank.....	0	1	2	3
38. Feeling like I hate people.....	0	1	2	3
39. Trying not to have any feelings.....	0	1	2	3
40. Feeling mad.....	0	1	2	3
41. Feeling afraid somebody will kill me.....	0	1	2	3
42. Wishing bad things had never happened.....	0	1	2	3
43. Wanting to kill myself.....	0	1	2	3
44. Daydreaming.....				

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 2 = Lots of times
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