

**10 Ways to Recognize**  
**Post-Traumatic Stress Disorder**

By: American Counseling Associations

Post Traumatic Stress Disorder (PTSD) is in many ways a normal response to an abnormal situation. Clearly, the tragedies that occurred on September 11th are abnormal. After a tragic event, it is likely that you will experience a variety of symptoms and emotions. Sometimes, however, these symptoms surface several weeks or months after the tragedy. This is called post-traumatic stress disorder(PTSD). Recognizing these symptoms in yourself or others is the first step toward recovery and finding appropriate treatment.

1. Re-experiencing the event through vivid memories or flash backs
2. Feeling "emotionally numb"
3. Feeling overwhelmed by what would normally be considered everyday situations and diminished interest in performing normal tasks or pursuing usual interests
4. Crying uncontrollably
5. Isolating oneself from family and friends and avoiding social situations
6. Relying increasingly on alcohol or drugs to get through the day
7. Feeling extremely moody, irritable, angry, suspicious or frightened
8. Having difficulty falling or staying asleep, sleeping too much and experiencing nightmares
9. Feeling guilty about surviving the event or being unable to solve the problem, change the event or prevent the disaster
10. Feeling fears and sense of doom about the future

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