

Since returning from combat duty:		1 POINT Seldom True	2 POINTS Sometimes True	3 POINTS Most Often True
1	I am easily startled.			
2	I am easily upset.			
3	I have difficulty falling and/or staying asleep.			
4	I often feel tense.			
5	I experience anxiety attacks at least once a week.			
6	My breathing and heart rate seem to quicken for no apparent reason.			
7	I have problems maintaining my attention when doing some tasks.			
8	I often feel depressed.			
9	I often feel disorganized when trying to complete tasks.			
10	I forget things more easily than I used to before I was in combat.			
11	I experience flashbacks during my waking and sleeping hours.			
12	I have nightmares about my combat experience.			
13	I have experienced panic attacks.			
14	I have a difficult time concentrating.			
15	I don't go to certain events or places because I am worried that I won't be able to feel comfortable being there.			
16	I engage in risky and self-destructive behavior.			
17	I use alcohol to numb my thoughts and pain.			
18	I use drugs to numb my thoughts and keep from being overly anxious.			
19	I experience sudden mood swings (i.e., anger, anxious, feelings of shame).			
20	I often feel like I am going crazy or am out of control.			
21	I find it difficult to form close relationships with others.			
22	I feel a need to control everything in my life.			
23	I find it difficult to deal with stressful situations.			
24	I have a hard time communicating my feelings with others			
25	I am often tired and don't have much energy to do things.			
26	I often don't feel well (i.e., headaches, stomach problems, back and/or neck problems).			
27	I am not as interested in living my life as I was before being in combat.			
28	I often feel alone.			
29	I often feel helpless.			
30	I have a problem relaxing.			

If you scored: 1—30 You may be experiencing normal levels of anxiety or stress.

31—60 You may be experiencing some symptoms of PTSD but these may not be severe.

61—90 You are experiencing numerous symptoms of PTSD. Please seek support and help as soon as possible.

Note: *The survey is not meant to be a clinical diagnostic tool, but an activity for readers to reflect on their current state of well-being and move toward seeking support if they have not already begun the process of healing.*

From the book, [*Tears of a Warrior: A Family's Story of Combat and Living with PTSD*](#) www.tearsofawarrior.com