



## ***Common Responses***

### **Biological Responses:**

- ✓ Physical / medical complaints (gastrointestinal, headaches, back pain)
- ✓ Hyper-arousal: “wired”, “on edge”
- ✓ Hyper-vigilant: “jumpy”, “paranoid”

### **Psychological Responses:**

- ✓ Confusion and difficulty making decisions
- ✓ Avoiding reminders of the event
- ✓ Anger, anxiety and depression

### **Social Responses:**

- ✓ Social withdrawal
- ✓ “Acting out”: not going to work, picking fights
- ✓ Becoming overly dependent