A PAUSE, A PRACTICE, A NEXT STEP

Complex PTSD

Understanding longer-lasting trauma responses.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

Along with trauma reminders or feeling on guard, someone may feel deeply ashamed, struggle to manage emotions, or find closeness difficult.

01 / Notice and reflect

Which difficulty affects my day most?

02 / Notice and reflect

What would help me feel respected during care?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask a qualified clinician about persistent trauma symptoms. If safety is uncertain, use Crisis Support or emergency help now.

Read more: VA · Understanding complex PTSD

More tools and immediate support: Our Healing Room / Crisis Support.