

**Exhibit 1.4-7: The PTSD Checklist**

**Instructions to Client:** Below is a list of problems and complaints that people sometimes have in response to stressful experiences. Please read each one carefully and circle the number that indicates how much you have been bothered by that problem *in the past month*.

1. Repeated, disturbing memories, thoughts, or images of a stressful experience?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
2. Repeated, disturbing dreams of a stressful experience?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
3. Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
4. Feeling very upset when something reminded you of a stressful experience?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
5. Having physical reactions (e.g., heart pounding, trouble breathing, sweating) when something reminded you of a stressful experience?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
6. Avoiding thinking about or talking about a stressful experience or avoiding having feelings related to it?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
7. Avoiding activities or situations because they reminded you of a stressful experience?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
8. Trouble remembering important parts of a stressful experience?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
9. Loss of interest in activities that you used to enjoy?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
10. Feeling distant or cut off from other people?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
11. Feeling emotionally numb or being unable to have loving feelings for those close to you?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
12. Feeling as if your future will somehow be cut short?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
13. Trouble falling or staying asleep?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
14. Feeling irritable or having angry outbursts?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
15. Having difficulty concentrating?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
16. Being “super-alert” or watchful or on guard?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely
17. Feeling jumpy or easily startled?  
1. Not at all    2. A little bit    3. Moderately    4. Quite a bit    5. Extremely

Source: Weathers et al., 1993. Material used is in the public domain.