

# POST-TRAUMATIC STRESS DISORDER

TOTAL LIFE COUNSELING CENTER



## **What is Post Traumatic Stress Disorder (PTSD)?**

PTSD is a type of anxiety disorder caused by traumatic event in which a person's life was in danger or risk of serious injury involving a response with intense fear, helplessness, or horror.

**Traumatic events that may trigger PTSD include:** violent personal assaults, rape, natural or human-caused disasters, accidents, or military combat.

## **Common symptoms:**

*Symptoms of intrusive memories may include:*

- Flashbacks, or reliving the traumatic event for minutes or even days at a time
- Upsetting dreams about the traumatic event

*Symptoms of avoidance and emotional numbing may include:*

- Trying to avoid thinking or talking about the traumatic event
- Feeling emotionally numb
- Avoiding activities you once enjoyed
- Hopelessness about the future
- Memory problems
- Trouble concentrating
- Difficulty maintaining close relationships

*Symptoms of anxiety and increased emotional arousal may include:*

- Irritability or anger
- Overwhelming guilt or shame
- Self-destructive behavior, such as drinking too much
- Trouble sleeping
- Being easily startled or frightened
- Hearing or seeing things that aren't there

**Call (407) 248-0030 for your *complimentary* phone consultation!**



1507 S. Hiawassee Road, Suite 101  
Orlando, FL 32835

Satellite Locations: Winter Park, Clermont,  
& East Orlando

Phone: 407-248-0030

Email: [info@totallifecounseling.com](mailto:info@totallifecounseling.com)

Web: [www.totallifecounseling.com](http://www.totallifecounseling.com)