

OUT OF THE STORM: COMPLEX PTSD SYMPTOM TRACKING FORM

Name: _____

Date: _____

	Symptom	Frequency	Intensity/ Degree	Comments/Notes
1.	Re-experiencing past trauma (i.e., nightmares; visual and/or emotional flashbacks)	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High _____	
2.	Avoidance (i.e., of memories, feelings, triggering people/places/things; dissociation)	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High _____	
3.	Sense of threat (i.e., hypervigilance/ constantly on guard, strong startle response)	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High _____	
4.	Reduced ability to regulate emotions (i.e., respond in appropriate/flexible manner; prevalence of negative emotions such as shame or guilt)	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High _____	
5.	Negative self-concept (e.g., Feeling worthless, defective, being different than others)	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High _____	
6.	Interpersonal difficulties (i.e., social anxiety, inability to form attachments/achieve intimacy with others)	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High _____	
		Total:	Total:	

Other Symptoms

Symptom	Frequency	Intensity/ Degree	Comments
	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High ____	
	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High ____	
	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High ____	
	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High ____	
	1. Never _____ 2. Occasionally _____ 3. Often _____ 4. Always _____	1. Mild ____ 2. Medium ____ 3. High ____	
	Total:	Total:	

Notes: