

12 Steps of PTSD

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| Acute Anxiety | Panic/anxiety episodes |
| Depression | Self-esteem in a downward spiral |
| Resentment | Distressing others |
| Anger | Fight or flight developing |
| Fear | PTSD is now forming |
| Anxiety | Mixed episodes occur |
| Self-Worth Dissipating | Feeling worthless |
| Shame | Filled with shame, who else knows? |
| Guilt | Feeling guilty, how responsible am I? |
| Confusion | Trying to remember, can I trust my memory? |
| Pain | Emotional, spiritual & physical pain |
| Activating Event(s) | Any event that causes distress |