12 Steps of PTSD Randy J. Hartman, Ph.D

		Acute An	xiety Panic/anxiety episodes
		Depression	Self-esteem in a downward spiral
		Resentment	Distrusting others
		Anger	Fight or flight developing
	I	Fear	PTSD is now forming
	An	xiety	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