

# 12 Steps of PTSD

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