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

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