

12 Steps of PTSD

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Acute Anxiety	Panic/anxiety episodes
Depression	Self-esteem in a downward spiral
Resentment	Distrusting 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-the-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