

COMPLEX PTSD SYMPTOM TRACKING FORM

Name:

Date:

| | Symptoms* | Frequency | Intensity | Comments/Notes |
|----|--|---|--|--|
| 1. | (RE) Re-experiencing past trauma in the present (visual/emotional flashbacks; nightmares) | 0 Never ___ 1 Occasional ___ 2 Frequent ___ 3 Constant ___ | 0 None ___ 1 Slight ___ 2 Moderate ___ 3 Strong ___ | |
| 2. | (AV) Avoidance of traumatic reminders (memories, thoughts, feelings; triggering people/places/things; numbing/ dissociation) | 0 Never ___ 1 Occasional ___ 2 Frequent ___ 3 Constant ___ | 0 None ___ 1 Slight ___ 2 Moderate ___ 3 Strong ___ | |
| 3. | (SOT) Persistent sense of threat (hypervigilant/constantly on guard; increased arousal; strong startle response) | 0 Never ___ 1 Occasional ___ 2 Frequent ___ 3 Constant ___ | 0 None ___ 1 Slight ___ 2 Moderate ___ 3 Strong ___ | |
| 4. | (AD) Affect Dysregulation - Reduced ability to regulate emotions (heightened/ flattened anger, sadness, shame, guilt or joy, pleasure); inappropriate/ inflexible responses | 0 Never ___ 1 Occasional ___ 2 Frequent ___ 3 Constant ___ | 0 None ___ 1 Slight ___ 2 Moderate ___ 3 Strong ___ | |
| 5. | (NSC) Negative self-concept (feeling worthless, defective, inferior, or different than others; critical of self/others) | 0 Never ___ 1 Occasional ___ 2 Frequent ___ 3 Constant ___ | 0 None ___ 1 Slight ___ 2 Moderate ___ 3 Strong ___ | |
| 6. | (DR) Disturbed Relationships (social anxiety, difficulty forming attachments/ achieving intimacy with others; tendency to isolate; feeling different) | 0 Never ___ 1 Occasional ___ 2 Frequent ___ 3 Constant ___ | 0 None ___ 1 Slight ___ 2 Moderate ___ 3 Strong ___ | |
| | | Total: /24 | Total: /24 | Low = 0-8 / Moderate = 9-16 / High = 17-24 |

*Reference: Hyland, P., et al. (2017). [An assessment of the construct validity of the ICD-11 proposal for Complex Post Traumatic Stress Disorder](#). *Psychological Trauma: Theory, Research, Practice, And Policy*. doi:10.1037/tra0000114