

		NOT AT ALL	A LITTLE	MODERATELY	QUITE A BIT	EXTREMELY
1	Repeated, disturbing memories, thoughts, or images of a stressful experience?	1	2	3	4	5
2	Repeated, disturbing dreams of a stressful experience?	1	2	3	4	5
3	Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)?	1	2	3	4	5
4	Feeling very upset when something reminded you of a stressful experience?	1	2	3	4	5
5	Having physical reactions (e.g., heart pounding, trouble breathing, sweating) when something reminded you of a stressful experience?	1	2	3	4	5
6	Avoiding thinking about or talking about a stressful experience or avoiding having feelings related to it?	1	2	3	4	5
7	Avoiding activities or situations because they reminded you of a stressful experience?	1	2	3	4	5
8	Trouble remembering important parts of a stressful experience?	1	2	3	4	5
9	Loss of interest in activities that you used to enjoy?	1	2	3	4	5
10	Feeling distant or cut off from other people?	1	2	3	4	5
11	Feeling emotionally numb or being unable to have loving feelings for those close to you?	1	2	3	4	5
12	Feeling as if your future will somehow be cut short?	1	2	3	4	5
13	Trouble falling or staying asleep?	1	2	3	4	5
14	Feeling irritable or having angry outbursts?	1	2	3	4	5
15	Having difficulty concentrating?	1	2	3	4	5
16	Being "super-alert" or watchful or on guard?	1	2	3	4	5
17	Feeling jumpy or easily startled?	1	2	3	4	4

Weathers, Litz, Huska, & Keane; National Center for PTSD - Behavioral Science Division; This is a government document in the public domain.

Weathers F, Huska J, and Keane T. (1991). The PTSD Checklist Military Version (PCL-M). Boston, Mass: National Center for PTSD.