

# 5 SIGNS INDICATING YOU COULD HAVE POST-TRAUMATIC STRESS DISORDER (PTSD)



"Life is what happens to you,  
While you're busy making other plans."

**-John Lennon**

We all have our share of ups and downs in life. Some of us are forced to face unfair, unpleasant trauma in our personal or professional lives. It is not your fault in any way that you had to go through it. You are also, not alone.

If you or your loved ones have been through a life-altering incident at any point in your life, and are noticing personality and behavioral changes, read on to find out more on Post-Traumatic Stress Syndrome (PTSD).

What is life-altering to you might not seem that way to someone else. Each person processes trauma, grief, and pain differently. There is no one-size-fits-all. Your sex, social and economic status, genetics, profession are some of the factors that play a role in how you perceive and handle events.

Loss of loved ones, witnessing death and destruction, financial losses, being subjected to sexual violence, physical and mental abuse, neglect, abandonment are some of the events that could trigger PTSD. Symptoms could appear within a few weeks of the incident or appear at a much later time in life.

## **SIGNS TO WATCH OUT FOR:**

- When you involuntarily start reliving every aspect of your trauma and try to remember ambient details, believing all of those influenced how it happened. You start to think variations in any of those specifics would have changed how the events unfolded, maybe even prevented it.
- When you try to avoid or alter the memory of the incident and force yourself to remember the events differently or entirely block it out, trusting it will help you deal with it better. You begin to avoid everything that reminds you of the person/event.
- When you cannot sleep, have trouble concentrating, often have dreams and nightmares that feature some detail of the event or the entire incident.
- When you are on a path of self-destruction and are prone to sudden outbursts. Loud noises, sudden touch, details that were part of the event start to elicit intense fear, pain, or anger. You consciously start making erratic, possibly harmful decisions, engaging in self-harm.

- When you feel numb, hopeless, and detached, thinking your life is now over or not worth living because this happened to you. You are heavily dependent on alcohol, cigarettes, gaming, or any other addictive substances to help you get through the day.

[Click here](#) to find out how PTSD affects Children differently.

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Read more about **PTSD** and other mental health related articles on [www.pamllc.us/resources](http://www.pamllc.us/resources)

Interested in a consultation? Request an appointment from our [website](#) or mail at [telehealth@pamllc.us](mailto:telehealth@pamllc.us)

**NOTE**

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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