

PCL-C

Below is a list of problems and complaints that individuals sometimes have in response to stressful life experiences. Please read each one carefully, and indicate how much you have been bothered by the problem in the past month. For these questions, the responses are: **(a)** not at all, **(b)** a little bit, **(c)** moderately, **(d)** quite a bit, or **(e)** extremely.

No.		Not at all	A little bit	Moderately	Quite a bit	Extremely
PCL1	Repeated, disturbing memories, thoughts, or images or a stressful experience from the past.					
PCL2	Repeated, disturbing dreams of a stressful experience from the past.					
PCL3	Suddenly acting or feeling as if a stressful experience were happening again (as you were reliving it).					
PCL4	Feeling very upset when something reminded you of a stressful experience from the past.					
PCL5	Having physical reactions (example: heart pounding, trouble breathing, or sweating) when something reminded you of a stressful experience from the past.					
PCL6	Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it.					
PCL7	Avoid activities or situations because they remind you of a stressful experience from the past.					
PCL8	Trouble remembering important parts of a stressful experience from the past.					
PCL9	Loss of interest in things that you used to enjoy.					
PCL10	Feeling distant or cut off from other people.					
PCL11	Feeling emotionally numb or being unable to have loving feelings for those close to you.					
PCL12	Feeling as if your future will somehow be cut short.					
PCL13	Trouble falling or staying asleep.					
PCL14	Feeling irritable or having angry outbursts.					
PCL15	Having difficulty concentrating.					
PCL16	Being "super alert" or watchful on guard.					
PCL17	Feeling jumpy or easily startled.					

