COMMON REACTIONS TO TRAUMA – ADOLESCENTS

Behavioral (and Interpersonal)

Difficulty taking on responsibilities
Going back to old habits
Withdraw socially
Down on yourself
Abuse alcohol/drugs
Decline in school performance
Sudden changes in attitudes, styles, relationships, personality
Act "too old, too soon" (dropping out, pregnancy, marriage)
Apathy – don't care as much about things
Aggressive
Changes in friends, peer groups
Difficulty following rules

Affective (Emotional)

Anger, hostility
Guilt
Chronic sadness/depression
Anxiety
Numbness
Shame
Despair
Panic
Blame
Sense of betrayal
Feel abandoned/alone

Somatic (Physical)

Headaches
Vague complaints, pain
Skin rashes
Loss of appetite/overeating
Sleeping problems
Illness

Cognitive (Thoughts)

Problems concentrating
Concerns about health
Intellectualization/Rationalization – staying in your head and not wanting to talk or think about painful things
Confusion
Fleeting thoughts of suicide*
Disoriented

Spiritual

Questioning long held beliefs
Questioning your faith
Anger at God

*If you have these thoughts please share with a trusted adult