

PTSD – Posttraumatic Stress Disorder

Symptoms

Symptom cluster	Reptile Brain Reaction	Psychological Reaction	Wholesome quality
1. Arousal (Hypervigilance, Over-stimulation)	Fight	Self-loathing	Self-kindness
2. Avoidance (Situations, places, persons, certain thoughts)	Flight	Self-isolation	Common humanness
3. Intrusions (sudden change to difficult states, Flashbacks dissociations)	Freeze	Self-centeredness	Mindfulness

Additional Symptoms for Complex PTSD

Symptom cluster	Example
4. Disorders in affect regulation	Difficulty modulating anger; Depression, Dissociative symptoms (derealisation, depersonalization), Impulsive & risky behaviours; Self-injurious, suicidal behaviours;
5. Negative Self-concept	Chronically negative personal beliefs & values, Lack of sense of self-confidence and competence mediated by seemingly unpredictable environment; Extreme mistrust; Tendency to become a victim again, Lack of future perspective;
6. Disturbances in relationships	Asexuality, promiscuity; constant negative relationship experiences, difficulties with contact and relationships, withdrawal behaviour
7. Somatoform unspecific physical complaints	Repeated and persistent suffering of physical symptoms with no medical findings and no apparent physical cause.

Remarkably, intrusive symptoms are not always present in complex PTSD. Rather, many of the additional symptoms of complex PTSD prevent or compensate for intrusions, such as flashbacks, loss of reality, feelings of numbness, and arousal.

Or in simple terms, instead of intrusions, people with complex PTSD suffer from.

(1) Difficulty managing their emotions, a (2) chronically negative self-image, (3) pervasive relationship problems, and (4) unexplained physical symptoms.