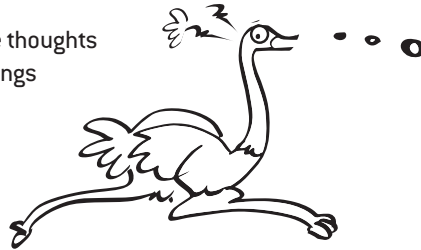


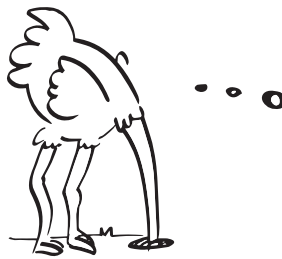
## MODEL NORMAL REACTIONS AFTER HAVING EXPERIENCED SOMETHING VIOLENT

Intrusive thoughts  
and feelings



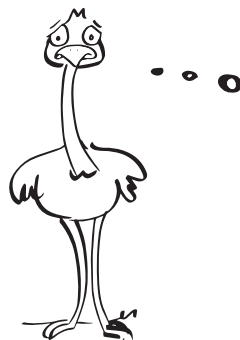
I have intrusive thoughts,  
dreams, or images of what  
happened that  
I do not want to have

Avoidance of  
thoughts or  
emotions



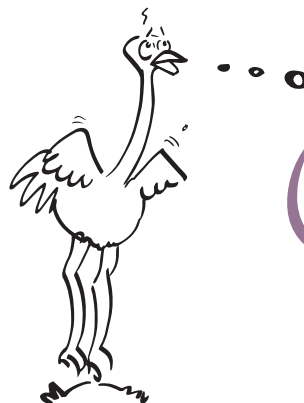
I will not have anything to do  
with what happened.  
For example, I will not think  
about what happened  
or be in places that  
remind me of it

Alterations in  
perception and  
mood



I think and feel different  
after what happened – I feel  
like it is my fault,  
and I am often  
upset and scared

Distress



After what happened,  
I feel constantly stressed.  
I cannot concentrate  
and often feel angry.  
I cannot sleep or find  
a way to calm down