

Section 3 – PTSD Inventory for Military Casualties

- If you DO NOT have military-related traumas, you may SKIP this Section.
- If you DO, please continue on.

Digging up the answers to these questions can be difficult. You may (likely will) dig up some painful memories and images. If you get stressed out — take a break. Write down your traumatic events in your notebook. Use a voice recorder if writing isn't your cup of tea.

I've heard some people say you might find a friend to write down your information as you talk. I say *do not do that!* Earlier, I said *peers* provide a therapeutic setting because trauma survivors are able to risk sharing traumatic material with the safety, cohesion, and empathy provided by other survivors⁴. *Friends* usually aren't *peers*, in the sense that they aren't usually trauma survivors.

The following questions are designed to stimulate your recollection of your military experiences. We'll be working on each of your traumatic events in the next Section.

⁴ More about triggers at http://www.ptsdsupport.net/ptsd_triggers.html

PTSD Worksheet

[Mark your answers in the table following this worksheet]

During your Military Assignment:

1. How often were you on a base?
2. How often were you in the field?

How often did you do the following?

3. Fire a weapon at the enemy
4. Kill or likely kill your target
5. See someone killed or dying
6. Think you'd be killed
7. Think you'd be seriously wounded
8. See dead bodies, civilian or enemy
9. See dead comrades
11. Did you handle any human bodies?
12. Did you participate in firefights?

Did you or your unit experience any of the following?

13. Sniper Fire
14. Rocket/Mortar attacks
15. Personnel Mines/Booby Traps
16. IEDs (targeted at vehicles)
17. Ambush
18. Did you feel that your experiences were overwhelmingly stressful?
19. Did you feel overwhelmed by thirst?
20. Did you feel overwhelmed by hunger?
21. Did you feel overwhelmed by exhaustion?
22. Did you feel there were NO safe places?

Using the table on the next page, mark a box with an "X" (or color in the block) for each answer you gave, selecting the column that matches your answer. Start at the top of each column and work your way down toward the bottom.⁵

⁵ Derived from *PTSD Worksheet* at <http://www.ptsdhelp.net/id18.html>

	Never	Rarely	Sometimes	Often	Frequently
1					
2					
3					
4					
5					
6					
7					
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11					
12					
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16					
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21					
22					

Table 3-1: Generic Answer Worksheet

When you have finished filling in the table, you'll see a graphic representation of where you used up some of your "spare time." Although the graphics are interesting, they are past-tense experiences, and should be stored in your long-term memory bank. There isn't a civilian-life, present-time use for them.

Here's an idea: How about setting up another set of goals for yourself? This time you could work on moving the checked items in the 3rd and 4th columns back into the first and second ones. As you're going over the questions today, I'll bet you'll see where you can pick up "spare time" you can use for more productive purposes. Although you can't change your history, you *can* change what you *do* with it.