

Common Reactions to Trauma – Adolescents

Below are some common symptoms and reactions of adults who have been through a trauma. (Mark those you are experiencing.)

Behavioral	Affective (Emotions)	Somatic (Physical)
Difficulty taking on responsibilities Going back to old habits Using alcohol or drugs to numb yourself Decline in school performance Aggressive Difficulty following rules	Anger Guilt Sad Anxious Shame Apathy (don't care as much) Feel abandoned Lonely	Headaches Pain Skin rashes Stomach problems Sleeping problems Getting sick more
Interpersonal (Relationships)	Cognitive (Thoughts)	Spiritual
Changes in friends, peer groups Withdrawn socially Blaming others Feeling betrayed by others	Problems concentrating Confusion Thoughts of suicide* Disoriented Concerned about health Not wanting to think about painful things	Questioning long-held beliefs Questioning your faith Anger at God Feeling like God is punishing you Feeling like God doesn't care about you

****Let someone know immediately if you are having suicidal thoughts. Most of these common reactions will gradually get better as time goes on since they are connected to the trauma. If reactions get worse or persist, it will be helpful to let a trusted adult or trained counselor know.***