HOW TO INTERPRET YOUR SCORE
1. Scoring three or more points on one of the conditions means you are likely to be suffering from it
2. The higher the number of points the more certain it is that you are suffering and the more severe the condition is likely to be
3. It is common to suffer from more than one condition at a time depending on the circumstance you are facing

NEXT STEPS
1. Make a note of the conditions that you have
2. Go to the corresponding exercises in the next chapter for support
3. The first exercise on diaphragmatic breathing is designed to be used for all conditions

Instructions: Go through the following list and add one point for each statement for which you answer “yes”

PSYCHOLOGICAL EMERGENCY
- Shock
- You are unable to think about anything else
- Your sense of time differs from your peers
- You feel disconnected
- You struggle to make sense of what is happening
- You try to figure out how the situation is going to impact your life
- You keep thinking of ways to end this situation

ANXIETY
- You are unable to keep calm
- You constantly fidget
- You feel restless
- You feel dizzy
- You have an upset stomach
- You have acid reflux
- Your heart beats faster than normal
- Your neck and back hurt
- You can’t focus

ACUTE STRESS
- General anxiety
- Panic attacks
- You have head, stomach and muscle ache
- You can’t sleep
- Eating disorders
- Difficulty focusing
- Difficulty making decisions
- Irritability
- Mistrust of others
- Mistrust of oneself
- Sadness
- Anger

POST TRAUMATIC STRESS DISORDER (PTSD)
- You have three or more symptoms of acute stress
- Reliving trauma
  - You relive the moment when you first encountered your abuser or underwent the traumatic event
- Avoidance
  - You try to avoid anything that reminds you of the attack

DEPRESSION
- Listlessness
- Indifference
- Anhedonia (Inability to feel pleasure)
- You wake up in the middle of the night
- You feel angry all the time
- You don’t feel like doing anything
- You would rather sleep all day
- You stop paying attention to your hygiene
- You don’t want to see other people
- You don’t want to go out

Note: Reliving trauma and avoidance are unequivocal symptoms of PTSD. If you are experiencing both you can be certain you are suffering from PTSD.