

Symptoms of Complex PTSD

- recurrent and intrusive thoughts or dreams
- [flashbacks](#)
- mental and physical reactions to reminders of the traumatic event
- avoidance of people, places, things, or events that remind you of the trauma
- memory loss
- [negative thoughts](#) toward yourself or the world
- self-blame
- bad moods that stick around
- detachment and disinterest
- difficulty showing positive emotion
- irritability
- recklessness
- [hypervigilance](#), or being on “high alert”
- trouble concentrating
- startling easily
- trouble sleeping

If you live with C-PTSD, you could have more severe DSO-type (= disturbances of self-organization) symptoms, like:

- a negative view of yourself
- dissociation, or disconnecting from yourself and your emotions
- emotions that feel “out of control”
- relationship difficulties
- loss of your belief system
- difficulty recognizing reality

Negative view of yourself

You may have feelings of [shame](#) or guilt.

You may feel like you're to blame or even permanently changed in some negative way.

Dissociation (detachment from yourself and your emotions)

Intense emotions, (e.g. anger, sadness) and they often seem to come without warning.

Relationship difficulties

You may not feel as though you can trust anyone or come to expect that others will harm you.

You may also find yourself in other traumatic situations if abuse was a regular part of your past.

Loss of belief systems

Your spiritual beliefs and worldview can change after trauma.

You might wonder if there's any purpose or meaning to what you once believed.

Distorted perceptions

If you've survived abuse, your thoughts might focus on your relationship with the person who abused you.

You may also become focused on thoughts of revenge or feel responsible for your abuser's actions.

This information is quoted from <https://psychcentral.com/ptsd/complex-posttraumatic-stress-disorder-symptoms#common-triggers>

It has been shortened slightly and reformatted to facilitate ease of reading. Links have been left in place, for ease of access to further information from psychcentral on this topic.