

**Trying not to think about what happened**

**Staying away from activities you enjoy**

**Replaying what happened in your head**

**Feeling differently (because of what happened)**

**Bad dreams**

**Feeling angry/irritated**

**Trouble concentrating**

**Flashbacks**

**Trying to forget**

**Thinking differently (because of what happened)**

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**Flashbacks**

**Trying to forget**

**Thinking differently (because of what happened)**

**Not thinking about the future or not believing that you have a future**

**Replaying what happened with toys/games**

**Feeling alert and worried**

**Staying away from friends and family members**

**Not expressing feelings or reactions to what happened**

**Trouble sleeping**

**Feeling jumpy/scared easily**

**Less interested in things you normally enjoy**

**Staying away from people or things because of what happened**

**Trying not to think about how you feel**

**Not thinking about the future or not believing that you have a future**

**Replaying what happened with toys/games**

**Feeling alert and worried**

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