

# PTSD VS COMPLEX PTSD

**PTSD**

**Single trauma**

**Re-living**

Nightmares  
Unwanted memories  
Flashbacks

**Avoidance**

Avoiding reminders of trauma: feelings, thoughts, people, places

**Arousal**

Hypervigilance  
Sense of threat  
Easily scared  
Sleeping problems

**Complex PTSD**

Intimacy problems

Feeling worthless

Feeling guilty

Emotion regulation

Anger

**Repeated traumas**

Relationships problems