

Dhallinyarada qaarkeed marka ay la soo kulmaan dhacdooyin ka yaabiya waxay ka towdaan cabashooyin gaar ah. Weedhaha hoos ku sharxani waxay ku socdaan cabashooyinkaas. Ujeedadu waxa weeye in aad weedhaha (cabasho) aad caddaysaa bal in ay dhib yar, mid badan ama dhib aad u badan kugu hayso iyo inkale. Goobaabinta ugu habboon oo aad madow ka dhigto, ayaad noogu caddaynaysaa dhibka ay cabashadaasi kugu haysaa inta uu le'egyahay **BISHII HADDA LA SOO DHAAFEY GUDEHEEDI**. Waad mahadsantahay.

● = Maya

● = Inyar

● = In badan

● = In aad u badan

			●	●	●	●
			Maya	Inyar	In badan	in aad u badan
1	Dhacdadii(ooyinkii) waa ku fekeraa, xitaa marka aanan rabin in aan ku fekero (tusaale ahaan: sawir dhacdadii ah ayaa maskaxdayda soo gala)	I think often of the event(s) even if I do not want to. (for example; pictures of the event(s) pop into your head)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Waxaan leeyahay riyoooyin cabsi leh oo dhacdadii(ooyinkii) ku saabsab.	I have bad dreams or nightmares about the event(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Waxaan dareensanahay sidii in dhacdadii(ooyinkii) markasta dhacayso.	I have the feeling that the event(s) is happening all over again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Waxaan dareensanahay cabsi ama murugo (waan khalkhalaa) marka aan dhacdadii(ooyinkii) ke fekero.	I feel afraid or sad (upset) if I think about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Waxay ilatahay in aan waxwalba u sameeyoo sidii wakhtigii ay dhacdadii(ooyinkii) ay i soo martay.	I find myself sometimes acting as I did at the time of the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Marka aan dhacdadii(ooyinkii) ka fekero, jirkayga waxaa ku kaca dareen (sida madax-xanuun, calool-xanuun, wadne-garaac)	When I think about the event(s), I have strong feelings in my body (headaches, stomachaches, heart beating fast).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Waxaan isku dayaa in aanan dhacdadaas ka fekerin ama aanan ka hadlin.	I try to not to think or to talk about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Waxaan isku dayaa in aan dareenkayga ku saabsan dhacdadii(ooyinkii) aan qarsado.	I try to push away my feelings about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Waxaan isku dayaa in aan ka fogaado meelaha ama dadka igu keena in aan ka fekero dhacdadii(ooyinkii).	I try to stay away from people, places, or things that remind me of the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Waxyaabo muhiim ah oo dhacdadii(ooyinkii) ku saabsan ayaan illoobey.	I have forgotten important things about the event(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Waxaan dareemaa cidlo.	I feel all alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Waxaan dareensanahay in aanan xiriir haba yaraatee lalaheyn dadka agagaarkayga jooga.	I do not feel close to the people around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Way igu adagtahay in aan dareenkayga dadka kale tuso.	I have trouble expressing my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Ma xiiseeyo waxyaabaha sida isboortiga, saaxiibbada, iskoolka.	I am not interested in things like sports, friends, school, and family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Mustaqbalkayga rajo weyn kama qabo. (tusaale ahaan in aan qof aan nafta la qaybsado heli doono, in aan shaqo wanaagsan heli doono)	I do not think positively about my future. (that I will find a partner, get a good job)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Waxay igu tahay dhib in aan gam'o ama seexdo.	I have trouble falling asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Habeenkii marar badan baan toosaa ama goor hore ayaa hurdadu iga boodaa.	I have trouble staying asleep or I wake up too early.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	Way igu adagtahay in aan wax u soo jeesto ama si taxadar leh ugu mashquulo (iskoolka iyo gurigaba).	I have trouble concentrating or paying attention. (At school or at home).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Waan taxadar badanahay (waa iska eega waxa aan ka cabsado, waxaan ahay qof intaas digtoon).	I am alert (always watching out or on guard for things that I am afraid of).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Waxaan ahay qof si fudud u naxa (tusaale ahaan: marka aan shanqar weyn maqlo ama marka wax kadis ahi dhacaan).	I startle easily when I hear a loud sound or when something surprises me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Marar badan ayaan dadka kale is khilaafnaa (reerka, saaxiibbada, macalimiinta).	I often have arguments with others (family, friends, and teachers).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Waxaan leeyahay xanaaq aan qarxo (marmar baan aad inta u xanaaqo aan alaabta tuur-tuuraa, wax feeraa, wax haraantiyaa, qayliyaa).	I have angry outbursts. (So angry that I throw things, hit, kick, or scream.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>