

جاری واهیه که گنجهکان تووشی کیشه و نارمحتی دبین دوی نهومی رووداوی تاییت له ژیاناندا رووددات. نهم نووسینانهی خواروه له سر نهو جوره ناخوشی و کیشانهیه. مهبست نهومیه که بو هر یهک له باسهکانی خواروه پیشان بدیت چ کیشهکت هیه، نایا نهم کیشهیه یا ناخوشیت تووش بود و نهگس وایت کهم، زور یان خوت زور زور نا رمحتی کردویت. برش کردنهوی بازنهکه دتوانیت نیشانی بدیت هر کیشهیهک له مانگی رابورودا چهند نا رمحتی کردویت. سوپاست دمکین.

● = نهخیر ● = توزیک ● = زور ● = زور زور

		●	●	●	●
		نهخیر	توزیک	زور	زور زور
1	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)	○	○	○	○
2	I have bad dreams or nightmares about the event(s)	○	○	○	○
3	I have the feeling that the event(s) is happening all over again.	○	○	○	○
4	I feel afraid or sad (upset) if I think about the event(s).	○	○	○	○
5	I find myself sometimes acting as I did at the time of the event(s).	○	○	○	○
6	When I think about the event(s), I have strong feelings in my body (headaches, stomachaches, heart beating fast).	○	○	○	○
7	I try to not to think or to talk about the event(s).	○	○	○	○
8	I try to push away my feelings about the event(s).	○	○	○	○
9	I try to stay away from people, places, or things that remind me of the event(s).	○	○	○	○
10	I have forgotten important things about the event(s).	○	○	○	○
11	I feel all alone.	○	○	○	○
12	I do not feel close to the people around me.	○	○	○	○
13	I have trouble expressing my feelings.	○	○	○	○
14	I am not interested in things like sports, friends, school, and family.	○	○	○	○
15	I do not think positively about my future. (that I will find a partner, get a good job)	○	○	○	○
16	I have trouble falling asleep.	○	○	○	○
17	I have trouble staying asleep or I wake up too early.	○	○	○	○
18	I have trouble concentrating or paying attention. (At school or at home).	○	○	○	○
19	I am alert (always watching out or on guard for things that I am afraid of).	○	○	○	○
20	I startle easily when I hear a loud sound or when something surprises me.	○	○	○	○
21	I often have arguments with others (family, friends, and teachers).	○	○	○	○
22	I have angry outbursts. (So angry that I throw things, hit, kick, or scream.)	○	○	○	○