



Post-Traumatic Stress Daily Symptom Chart

Name: _____

Month: _____

Instructions: Track the intensity of your key post-traumatic symptoms using the scale on the right for each day of the month. On days with significantly more / less severe symptoms record key events or relational changes on the back of this page.

Example: None Mild Moderate Severe

3	3	3	3	Shade cells
2	2	2	2	
1	1	1	1	

Day of Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Hypervigilance	3																															
	2																															
	1																															
Agitation	3																															
	2																															
	1																															
Trigger Response: _____	3																															
	2																															
	1																															
Trigger Response: _____	3																															
	2																															
	1																															
Trigger Response: _____	3																															
	2																															
	1																															
Flashbacks	3																															
	2																															
	1																															
Nightmares or Sleep Disturbance	3																															
	2																															
	1																															
Avoidance / Isolation	3																															
	2																															
	1																															
Numbing	3																															
	2																															
	1																															
Dissociation	3																															
	2																															
	1																															
Shame	3																															
	2																															
	1																															
Fragmentation	3																															
	2																															
	1																															
Other: _____	3																															
	2																															
	1																															
Other: _____	3																															
	2																															
	1																															