

Your trauma self-check

What your result means, and what to do next

Thank you for taking the trauma self-check (PCL-5). It looks at how much a stressful experience has affected you over the past month. Scores run from 0 to 80.

What your result means

- ◆ **Below 33:** your answers fall below the usual screening threshold. That doesn't mean what happened doesn't matter. If it still weighs on you, it's worth talking about.
- ◆ **33 or above:** your answers are above the point where a full trauma assessment is usually recommended. That's a common response to difficult experiences, and it's treatable.

Why this happens

When something overwhelming happens, the brain can store the memory in a raw, unprocessed way. That's why a sound, a smell or an argument can bring it back as if it's happening now. It isn't weakness. It's how the nervous system protects you.

Three things to try this week

- 1 **Name it to tame it.** When you feel triggered, say silently: "This is a memory, not now." Then name five things you can see around you.
- 2 **Slow your exhale.** Breathe in for 4, out for 6, for two minutes. A longer out-breath tells your body it's safe.
- 3 **Notice your patterns.** Jot down when reactions show up: the place, the person, the time of day. Patterns are the starting point of trauma work.

When to reach out

- ◆ Memories, nightmares or avoidance are getting in the way of work, sleep or relationships.
- ◆ You're using alcohol, drugs or overworking to cope.
- ◆ You want to feel differently, not just understand why.

EMDR is designed for exactly this. It helps the brain reprocess painful memories so they feel like the past, and you don't have to describe everything in detail.

Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

praxiswellness.ca

This self-check is a screening tool, not a diagnosis. Only a qualified health professional can assess you properly.

In crisis? Call or text 9-8-8 any time, or call 911 in an emergency.

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