YOUR ANSWERS. YOUR PERSPECTIVE.

PTSD

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Unwanted reminders

You describe unwanted reminders intruding and interrupting current activity. This captures their experienced effect without classifying the underlying event or a disorder.

2

Tension and rest

You describe heightened watchfulness or tension lasting after impressions. Feeling that you must remain alert may make recovery harder in your account. Some responses differ substantially from this direction.

3

Individual responses matter

Tension and rest: Scored responses range from 2 to 5/5 (items 9 & 10).

Your first small step

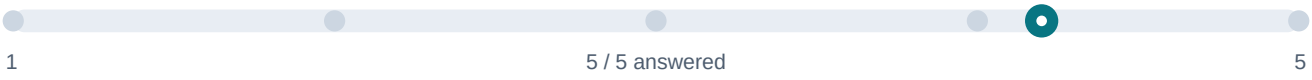
What present-day conditions might allow you a little more rest? You may name practical support without explaining its cause.

02 / YOUR REPORT

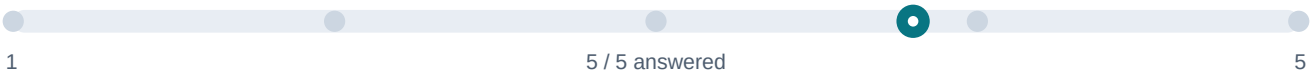
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

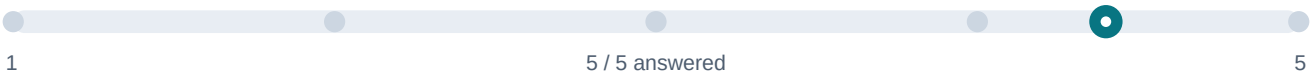
Unwanted reminders — 4.2 / 5



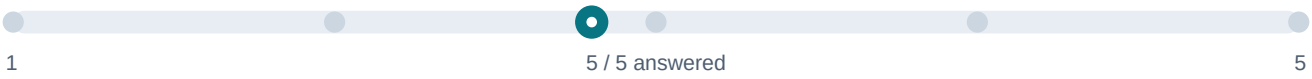
Tension and rest — 3.8 / 5



Closeness and connection — 4.4 / 5



Daily life and the need for safety — 2.8 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The answers describe current reminders, tension, connection and everyday needs. They assess neither a trauma criterion nor PTSD; details of distressing events are not required here.

Your result in words

Unwanted reminders: You describe unwanted reminders intruding and interrupting current activity. This captures their experienced effect without classifying the underlying event or a disorder.

Tension and rest: You describe heightened watchfulness or tension lasting after impressions. Feeling that you must remain alert may make recovery harder in your account.

Tension and rest: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 9: In a quiet setting that suited me, I could usually relax somewhat. | Mostly true

Item 10: The feeling that I needed to stay alert interfered with resting in the evening. | Very true

Consider a possible everyday situation

What present-day conditions might allow you a little more rest? You may name practical support without explaining its cause.

04 / YOUR REPORT

Unwanted reminders

Trace your responses and connect them with everyday situations.

This area describes how reminders take up your attention. You do not need to disclose the content of an experience.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe unwanted reminders intruding and interrupting current activity. This captures their experienced effect without classifying the underlying event or a disorder.

Scale direction: less reported preoccupation / more reported preoccupation.

Two concrete responses

Item 3: After an unwanted reminder, I needed time to return my attention to my current activity.

Your response: Partly true

Item 5: A reminder felt closer to the present than I would have wanted.

Your response: Very true

A prompt for further reflection

If it feels appropriate, note only whether you would like more calm, orientation or support at the moment. Leave out event details.

When does this fit me - and when does it not?

05 / YOUR REPORT

Tension and rest

Trace your responses and connect them with everyday situations.

This area concerns alertness and your experience of being able to rest. These experiences are not specific to PTSD and can have many causes.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe heightened watchfulness or tension lasting after impressions. Feeling that you must remain alert may make recovery harder in your account.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported tension / more reported tension.

Two concrete responses

Item 9: In a quiet setting that suited me, I could usually relax somewhat.

Your response: Mostly true (reverse-scored in the calculation)

Item 10: The feeling that I needed to stay alert interfered with resting in the evening.

Your response: Very true

A prompt for further reflection

What present-day conditions might allow you a little more rest? You may name practical support without explaining its cause.

When does this fit me - and when does it not?

06 / YOUR REPORT

Closeness and connection

Trace your responses and connect them with everyday situations.

These statements concern your current experience of contact and support. They assess neither relationships nor other people's trustworthiness.

Your response value **4.4 / 5**



What this means in practice

You describe internal distance or holding back despite wanting closeness. Concern about not being understood may make it harder to express current needs.

Scale direction: less reported distance / more reported distance.

Two concrete responses

Item 15: Worry about not being understood kept me from expressing a current need.

Your response: Partly true

Item 14: I could spend time with a suitable person without having to share more than I wanted.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

What kind of contact might feel welcome now: listening, practical help or simply company? You decide whether to share anything and with whom.

When does this fit me - and when does it not?

07 / YOUR REPORT

Daily life and the need for safety

Trace your responses and connect them with everyday situations.

This area describes how you organise daily life while experiencing distressing after-effects. It does not determine whether a place is actually safe or which treatment would be appropriate.

Your response value **2.8 / 5**



1 5 / 5 answered 5

What this means in practice

Your answers fall between “less reported restriction” and “more reported restriction”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Scale direction: less reported restriction / more reported restriction.

Two concrete responses

Item 16: I needed more preparation for ordinary activities to feel sufficiently protected.

Your response: Mostly untrue

Item 18: Small changes to my daily plan took more energy than usual.

Your response: Mostly true

A prompt for further reflection

Note at most one small practical form of support you would like over the next few days. This is not about deliberately seeking reminders or pushing past your boundaries.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Unwanted reminders

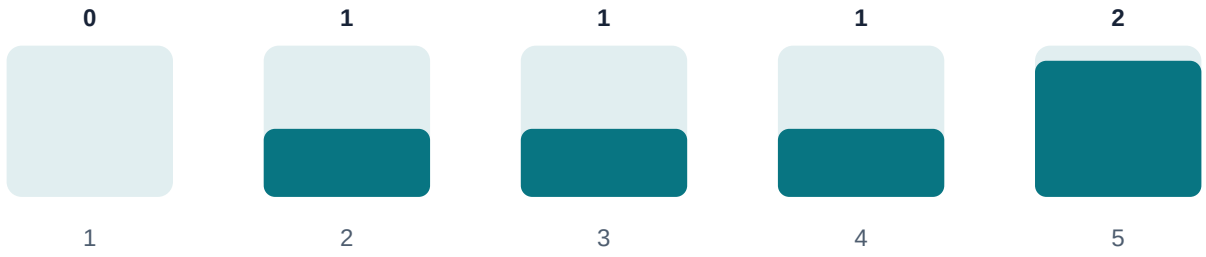
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Tension and rest. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

What present-day conditions might allow you a little more rest? You may name practical support without explaining its cause.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

These original statements are neither the PCL-5 nor a clinically validated trauma questionnaire. They do not establish whether a qualifying event or diagnostic criteria are present. Response averages describe selected experiences; they do not identify PTSD or complex PTSD or distinguish between conditions. Low values do not rule out a need for support. The questionnaire does not provide trauma treatment or an exposure exercise.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.27 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**A reminder of a distressing experience intruded while I was occupied with something else.**	Unwanted reminders | Mostly true
2	**An everyday impression brought on an unexpectedly strong reminder.**	Unwanted reminders | Very true
3	**After an unwanted reminder, I needed time to return my attention to my current activity.**	Unwanted reminders | Partly true
4	**When a reminder arose, I could usually remain oriented to my present surroundings.**	Unwanted reminders | Mostly untrue | reverse-scored
5	**A reminder felt closer to the present than I would have wanted.**	Unwanted reminders | Very true
6	**Even in familiar surroundings, I paid especially close attention to what was happening around me.**	Tension and rest | Partly true
7	**An unexpected sound left me tense for longer than I expected.**	Tension and rest | Very true
8	**After a situation was over, my body sometimes still felt on alert.**	Tension and rest | Mostly true
9	**In a quiet setting that suited me, I could usually relax somewhat.**	Tension and rest | Mostly true | reverse-scored
10	**The feeling that I needed to stay alert interfered with resting in the evening.**	Tension and rest | Very true
11	**I felt inwardly distant even when I was with familiar people.**	Closeness and connection | Very true
12	**I found it difficult to take in a supportive gesture as helpful.**	Closeness and connection | Mostly true
13	**I withdrew even though part of me wanted company.**	Closeness and connection | Very true
14	**I could spend time with a suitable person without having to share more than I wanted.**	Closeness and connection | Not at all true | reverse-scored

Your responses in full / CONTINUED

15 **Worry about not being understood kept me from expressing a current need.**
Closeness and connection | Partly true

16 **I needed more preparation for ordinary activities to feel sufficiently protected.**
Daily life and the need for safety | Mostly untrue

17 **Concern about distressing reminders limited my choice of everyday activities.**
Daily life and the need for safety | Partly true

18 **Small changes to my daily plan took more energy than usual.**
Daily life and the need for safety | Mostly true

19 **I could usually notice my everyday needs and make some room for them.**
Daily life and the need for safety | Partly true | reverse-scored

20 **The after-effects of a distressing experience made it harder to finish ordinary tasks.**
Daily life and the need for safety | Mostly untrue