



TIPS utilizes tools and resources from industry leaders such as Responder Alliance®. While these can be powerful resources, their effective use requires appropriate understanding, context, and training. TIPS applies these tools in partnership with their originating organizations.

TRAUMATIC STRESS QUESTIONNAIRE

COMPLETE AT THE 3 WEEK CHECK-IN. ASKING THE QUESTION:
HAVE YOU RECENTLY EXPERIENCED ANY OF THE FOLLOWING?

(AT LEAST TWICE IN THE PAST WEEK)

YES NO

1. Upsetting thoughts or memories about the event that have come into your mind against your will?		
2. Upsetting dreams about the event?		
3. Acting or feeling as though the event were happening again?		
4. Feeling upset by reminders of the event?		
5. Bodily reactions (such as fast heartbeat, stomach churning)?		
6. Difficulty falling or staying asleep?		
7. Irritability or outbursts of anger?		
8. Difficulty concentrating?		
9. Heightened awareness of potential dangers to yourself and others?		
10. Feeling jumpy or being startled by something unexpected?		

C.R. Brewin et al, 2002



For additional training, see *Stress Injury Awareness for the Individual* at:

<https://www.responderalliance.com/>

This training is recommended for all responders.

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