

TRAUMA

- Feelings of fear, helplessness, uncertainty, vulnerability
- Increased arousal, edginess and agitation
- Avoidance of reminders of trauma
- Irritability, quick to anger
- Feelings of guilt or shame
- Dissociation, feelings of unreality or being "outside of one's body"
- Continually feeling on alert for threat or danger
- Unusually reckless, aggressive or self-destructive behavior

OVERLAP

- Difficulty concentrating and learning in school
 - Easily distracted
 - Often doesn't seem to listen
- Disorganization
- Hyperactive
 - Restless
- Difficulty sleeping

ADHD

- Difficulty sustaining attention
 - Struggling to follow instructions
- Difficulty with organization
- Fidgeting or squirming
 - Difficulty waiting or taking turns
- Talking excessively
- Losing things necessary for tasks or activities
- Interrupting or intruding upon others