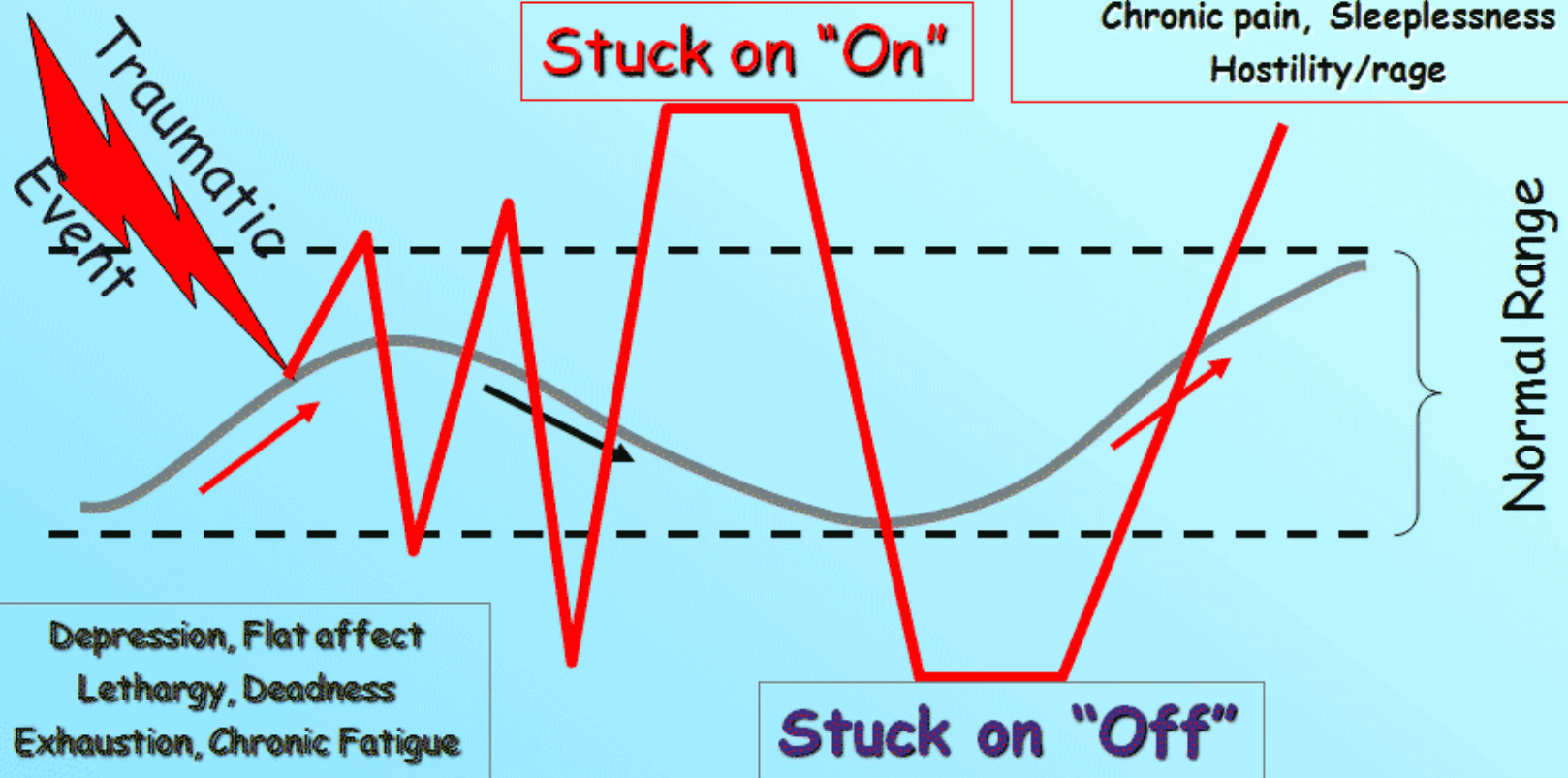


Symptoms of Un-Discharged Traumatic Stress

Anxiety, Panic, Hyperactivity
Exaggerated Startle
Inability to relax, Restlessness
Hyper-vigilance, Digestive problems
Emotional flooding
Chronic pain, Sleeplessness
Hostility/rage



Depression, Flat affect
Lethargy, Deadness
Exhaustion, Chronic Fatigue
Disorientation
Disconnection, Dissociation
Complex syndromes, Pain
Low Blood Pressure
Poor digestion

Peter Levine, PhD.