

### Exhibit 1.3-1: Immediate and Delayed Reactions to Trauma

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| <b>Immediate Emotional Reactions</b><br>Numbness and detachment<br>Anxiety or severe fear<br>Guilt (including survivor guilt)<br>Exhilaration as a result of surviving<br>Anger<br>Sadness<br>Helplessness<br>Feeling unreal; depersonalization (e.g., feeling as if you are watching yourself)<br>Disorientation<br>Feeling out of control<br>Denial<br>Constriction of feelings<br>Feeling overwhelmed   | <b>Delayed Emotional Reactions</b><br>Irritability and/or hostility<br>Depression<br>Mood swings, instability<br>Anxiety (e.g., phobia, generalized anxiety)<br>Fear of trauma recurrence<br>Grief reactions<br>Shame<br>Feelings of fragility and/or vulnerability<br>Emotional detachment from anything that requires emotional reactions (e.g., significant and/or family relationships, conversations about self, discussion of traumatic events or reactions to them)  |
| <b>Immediate Physical Reactions</b><br>Nausea and/or gastrointestinal distress<br>Sweating or shivering<br>Faintness<br>Muscle tremors or uncontrollable shaking<br>Elevated heartbeat, respiration, and blood pressure<br>Extreme fatigue or exhaustion<br>Greater startle responses<br>Depersonalization   | <b>Delayed Physical Reactions</b><br>Sleep disturbances, nightmares<br>Somatization (e.g., increased focus on and worry about body aches and pains)<br>Appetite and digestive changes<br>Lowered resistance to colds and infection<br>Persistent fatigue<br>Elevated cortisol levels<br>Hyperarousal<br>Long-term health effects including heart, liver, autoimmune, and chronic obstructive pulmonary disease  |
| <b>Immediate Cognitive Reactions</b><br>Difficulty concentrating<br>Rumination or racing thoughts (e.g., replaying the traumatic event over and over again)<br>Distortion of time and space (e.g., traumatic event may be perceived as if it was happening in slow motion, or a few seconds can be perceived as minutes)<br>Memory problems (e.g., not being able to recall important aspects of the trauma)<br>Strong identification with victims | <b>Delayed Cognitive Reactions</b><br>Intrusive memories or flashbacks<br>Reactivation of previous traumatic events<br>Self-blame<br>Preoccupation with event<br>Difficulty making decisions<br>Magical thinking: belief that certain behaviors, including avoidant behavior, will protect against future trauma<br>Belief that feelings or memories are dangerous<br>Generalization of triggers (e.g., a person who experiences a home invasion during the day-time may avoid being alone during the day)<br>Suicidal thinking |
| <b>Immediate Behavioral Reactions</b><br>Startled reaction<br>Restlessness<br>Sleep and appetite disturbances<br>Difficulty expressing oneself<br>Argumentative behavior<br>Increased use of alcohol, drugs, and tobacco<br>Withdrawal and apathy<br>Avoidant behaviors  | <b>Delayed Behavioral Reactions</b><br>Avoidance of event reminders<br>Social relationship disturbances<br>Decreased activity level<br>Engagement in high-risk behaviors<br>Increased use of alcohol and drugs<br>Withdrawal  |

(Continued on the next page.)

### Exhibit 1.3-1: Immediate and Delayed Reactions to Trauma (continued)

| Immediate Existential Reactions  | Delayed Existential Reactions   |
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| <p>Intense use of prayer</p> <p>Restoration of faith in the goodness of others (e.g., receiving help from others)</p> <p>Loss of self-efficacy</p> <p>Despair about humanity, particularly if the event was intentional</p> <p>Immediate disruption of life assumptions (e.g., fairness, safety, goodness, predictability of life)</p> | <p>Questioning (e.g., “Why me?”)</p> <p>Increased cynicism, disillusionment</p> <p>Increased self-confidence (e.g., “If I can survive this, I can survive anything”)</p> <p>Loss of purpose</p> <p>Renewed faith</p> <p>Hopelessness</p> <p>Reestablishing priorities</p> <p>Redefining meaning and importance of life</p> <p>Reworking life’s assumptions to accommodate the trauma (e.g., taking a self-defense class to reestablish a sense of safety)</p> |

Sources: Briere & Scott, 2006b; Foa, Stein, & McFarlane, 2006; Pietrzak, Goldstein, Southwick, & Grant, 2011.