



## PTSD C & P EXAM WORKSHEET

### Eligibility for getting the benefits from VA suffering from PTSD

A veteran gets eligible for a disability benefit if he develops symptoms related to the traumatic event or life-threatening stressors related to PTSD. If the individual meets the following requirements he can get them the benefits

- If the traumatic event happened during the period of your service
- If you are unable to perform the daily life activities or your duty the way you used to before
- If the symptoms are affecting your thinking and cognitive abilities
- If you are clinically diagnosed with PTSD.

**Mark tick (✓) in front of the PTSD symptoms you are facing and mark a cross (X) in front of the PTSD symptoms that you are not facing.**

Symptom checklist of PTSD	✓	X
Exposure to actual or threatened death, serious injury, or sexual violence indirectly experiencing the traumatic event		
Exposure to actual or threatened death, serious injury, or sexual violence in witnessing, in person, the event as it occurred to others.		
Exposure to actual or threatened death, serious injury, or sexual violence in learning that the traumatic event(s) occurred to a close family member or close friend. In cases of actual or threatened death of a family member or friend, the event(s) must have been violent or accidental.		
Exposure to actual or threatened death, serious injury, or sexual violence in experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g., first responders collecting human remains; police		

officers repeatedly exposed to details of child abuse).		
Recurrent, involuntary, and intrusive distressing memories of the traumatic event(s)		
Recurrent distressing dreams in which the content and/or effect of the dream are related to the traumatic event(s)		
Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring. (Such reactions may occur on a continuum, with the most extreme expression being a complete loss of awareness of present surroundings.)		
Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).		
Marked physiological reactions to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).		
Avoidance of or efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).		
Avoidance of or efforts to avoid external reminders (people, places, conversations, activities, objects, situations) that arouse distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).		
Inability to remember an important aspect of the traumatic event(s)		
Persistent and exaggerated negative beliefs or expectations about oneself, others, or the world		
Persistent, distorted cognitions about the cause or consequences of the traumatic event(s) lead the individual to blame himself/herself or others.		
Persistent negative emotional state (e.g., fear, horror, anger, guilt, or shame).		
Markedly diminished interest or participation in significant activities.		
Feelings of detachment or estrangement from others.		
Persistent inability to experience positive emotions (e.g., inability to experience happiness, satisfaction, or loving feelings).		
Irritable behavior and angry outbursts (with little or no provocation), typically expressed as verbal or physical aggression toward people or		

objects.		
Reckless or self-destructive behavior		
Hypervigilance.		
Exaggerated startle response.		
Problems with concentration.		
Sleep disturbance (e.g., difficulty falling or staying asleep or restless sleep).		
The duration of the disturbance is more than 1 month.		
The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.		
The disturbance is not attributable to the physiological effects of a substance (e.g., medication, alcohol) or another medical condition.		

## References

[Hill & Ponton. \(n.d.\). C AND P EXAM FOR PTSD: YOUR COMPLETE GUIDE. Retrieved 24 July 2023 https://www.hillandponton.com/part3-compensation-and-pension-exams-for-ptsd/](https://www.hillandponton.com/part3-compensation-and-pension-exams-for-ptsd/)

[Pettinga, G. G. \(2021\). What To Expect From Your C&P Exam For Veterans With PTSD. Retrieved 24 July 2023 from https://www.gerlinglaw.com/what-to-expect-from-cp-exam/](https://www.gerlinglaw.com/what-to-expect-from-cp-exam/)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.