## The Mississippi Scale

Please circle the number that best describes how you feel about each statement.

. Before I entered the military, I had more close friends than I have now.					
1	2	3	4	5	
Not at all True	Slightly True	Somewhat True	Very True	Extremely True	
. I do not feel gui	It over things that	I did in the military.			
1	2	3	4	5	
Never True	Rarely True	Sometimes True	Usually True	Always True	
. If someone pus	hes me too far, I a	m likely to become v	iolent.		
1	2	3	4	5	
Very Unlikely	Unlikely	Somewhat Unlikely	Very Likely	Extremely Likely	
. If something ha upset.	ppens that remine	ds me of the military,	I become very di	stressed and	
upset.					
upset. 1 Never	2	3 Sometimes	4	5	
upset. 1 Never	2 Rarely	3 Sometimes	4	5	
upset. 1 Never	2 Rarely • know me best ar	3 Sometimes e afraid of me.	4 Frequently	5 Very Frequently 5	
upset. 1 Never . The people who 1 Never True	2 Rarely know me best ar 2	3 Sometimes e afraid of me. 3 Sometimes True	4 Frequently 4	5 Very Frequently 5	
upset. 1 Never . The people who 1 Never True	2 Rarely • know me best ar 2 Rarely True	3 Sometimes e afraid of me. 3 Sometimes True	4 Frequently 4	5 Very Frequently 5	
upset. 1 Never . The people who 1 Never True . I am able to get	2 Rarely • know me best ar 2 Rarely True emotionally close	3 Sometimes e afraid of me. 3 Sometimes True e to others.	4 Frequently 4 Frequently True	5 Very Frequently 5 Very Frequently Tru	
upset. 1 Never . The people who 1 Never True . I am able to get 1 Never	2 Rarely • know me best ar 2 Rarely True emotionally close 2 Rarely	3 Sometimes e afraid of me. 3 Sometimes True e to others. 3	4 Frequently 4 Frequently True 4 Frequently	5 Very Frequently 5 Very Frequently Tru 5	
upset. 1 Never . The people who 1 Never True . I am able to get 1 Never	2 Rarely • know me best ar 2 Rarely True emotionally close 2 Rarely	3 Sometimes e afraid of me. 3 Sometimes True e to others. 3 Sometimes	4 Frequently 4 Frequently True 4 Frequently	5 Very Frequently 5 Very Frequently True 5	

8. When I think of some of the things that I did in the military, I wish I were dead.					
1	2	3	4	5	
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True	
9. It seems as if I h	nave no feelings.				
1	2	3	4	5	
Not at all True	Rarely True	Sometimes True	Frequently True	Very Frequently True	
10. Lately, I have f	elt like killing my៖	self.			
1	2	3	4	5	
Not at all True	Slightly True	Somewhat True	Very True	Extremely True	
11. I fall asleep, st	ay asleep and awa	aken only when the	alarm goes off.		
1	2	3	4	5	
Never	Rarely	Sometimes	Frequently	Very Frequently	
12. I wonder why I	am still alive whe	en others died in the	military.		
1	2	3	4	5	
Never	Rarely	Sometimes	Frequently	Very Frequently	
13. Being in certai	n situations make	es me feel as though	I am back in the r	nilitary.	
1	2	3	4	5	
Never	Rarely	Sometimes	Frequently	Very Frequently	
14. My dreams at r awake.	າight are so real tl	hat I waken in a cold	sweat and force I	myself to stay	
awake.			4	F	
1	2	3	4	5	
	2 Rarely	3 Sometimes	4 Frequently	5 Very Frequently	
1 Never	Rarely				
1	Rarely				

16. I do not laugh or cry at the same things other people do.						
io. I do not laugh	or cry at the same	unings other people	÷ u0.			
1	2	3	4	5		
Not at all True	Rarely True	Somewhat True	Very True	Extremely True		
17. I still enjoy doi	ng many things th	at I used to enjoy.				
1	2	3	4	5		
Never True	Rarely True	Sometimes True	Very True	Always True		
18. Daydreams are	18. Daydreams are very real and frightening.					
1	2	3	4	5		
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True		
19. I have found it	easy to keep a job	since my separatio	on from the militar	γ.		
1	2	3	Δ	5		
Not at all True	Slightly True	Somewhat True	۔ Very True	Extremely True		
	0 7		,	,		
20. I have trouble	concentrating on t	asks.				
1	2	3	Δ	5		
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True		
21. I have cried for	r no good reason.					
Never	∠ Rarely	3 Sometimes	4 Frequently	5 Very Frequently		
	Raioly	Comounio	rioquonity	vory rioquonay		
22. I enjoy the con	npany of others.					
1	2	3	4	5		
Never	Rarely	Sometimes	Frequently	Very Frequently		
	,		. ,	- · · ·		
23. I am frightened	23. I am frightened by my urges.					
1	2	3	4	5		
Never	Rarely	Sometimes	Frequently	Very Frequently		

I. I fall asleep eas	ony at mgma			
1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently
5. Unexpected nc	oises make me jun	np.		
1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently
6. No one unders	tands how I feel, ı	not even my family.		
1	2	3	4	5
Not at all True	Rarely True	Somewhat True	Very True	Extremely True
/. I am an easy-g	oing, even-tempe	red person.		
1	2	3	4	5
	2	J		
Never B. I feel there are	Rarely	Sometimes t I did in the military	Usually	Very Much So
Never B. I feel there are	Rarely certain things tha	Sometimes t I did in the military	Usually	Very Much So
Never <b>3. I feel there are</b> <b>because no one</b> 1 Not at all True	Rarely certain things that e would ever under 2 Slightly True	Sometimes t I did in the military erstand.	Usually that I can never t 4 True	Very Much So ell anyone, 5 Very True
Never <b>3. I feel there are</b> <b>because no one</b> 1 Not at all True	Rarely certain things that e would ever under 2 Slightly True	Sometimes t I did in the military erstand. 3 Somewhat True	Usually that I can never t 4 True	Very Much So ell anyone, 5 Very True
Never 3. I feel there are because no one 1 Not at all True 5. There have bee	Rarely certain things that e would ever under 2 Slightly True en times when I us	Sometimes t I did in the military erstand. 3 Somewhat True	Usually that I can never t 4 True drugs) to help m	Very Much So ell anyone, 5 Very True e sleep or to mal
Never 3. I feel there are because no one 1 Not at all True 0. There have been 1 Never	Rarely certain things that e would ever under 2 Slightly True en times when I us	Sometimes t I did in the military erstand. 3 Somewhat True sed alcohol (or other 3 Sometimes	Usually that I can never t 4 True drugs) to help m 4	Very Much So ell anyone, 5 Very True e sleep or to mal
Never 3. I feel there are because no one 1 Not at all True 0. There have been 1 Never 0. I feel comfortal 1	Rarely certain things that would ever unde Slightly True an times when I us Infrequently ble when I am in a 2	Sometimes t I did in the military erstand. 3 Somewhat True Sed alcohol (or other 3 Sometimes crowd. 3	Usually that I can never t 4 True drugs) to help m 4 Frequently 4	Very Much So ell anyone, 5 Very True e sleep or to mal 5 Very Frequently 5
Never 3. I feel there are because no one 1 Not at all True 0. There have bee 1 Never 0. I feel comfortal	Rarely certain things that would ever unde C Slightly True en times when I us C Infrequently ble when I am in a	Sometimes t I did in the military erstand. 3 Somewhat True sed alcohol (or other 3 Sometimes crowd.	Usually that I can never t 4 True drugs) to help m 4 Frequently	Very Much So ell anyone, 5 Very True e sleep or to mal 5 Very Frequently
Never 3. I feel there are because no one 1 Not at all True 0. There have been 1 Never 0. I feel comfortal 1 Never	Rarely  certain things that would ever unde  2 Slightly True  en times when I us  2 Infrequently  ble when I am in a  2 Rarely	Sometimes t I did in the military erstand. 3 Somewhat True Sed alcohol (or other 3 Sometimes crowd. 3	Usually that I can never t 4 True drugs) to help m 4 Frequently 4 Usually	Very Much So ell anyone, 5 Very True e sleep or to mal 5 Very Frequently 5
Never 3. I feel there are because no one 1 Not at all True 0. There have been 1 Never 0. I feel comfortal 1 Never	Rarely  certain things that would ever unde  2 Slightly True  en times when I us  2 Infrequently  ble when I am in a  2 Rarely	Sometimes t I did in the military erstand. 3 Somewhat True 3 Sometimes crowd. 3 Sometimes	Usually that I can never t 4 True drugs) to help m 4 Frequently 4 Usually	Very Much So ell anyone, 5 Very True e sleep or to mal 5 Very Frequently 5

32. I am afraid to go to sleep at night.							
1	2	3	4	5			
Never	Rarely	Sometimes	Frequently	Almost Always			
• •	33. I try to stay away from anything that will remind me of things which happened while I was in the military.						
1	2	3	4	5			
Never	Rarely	Sometimes	Frequently	Almost Always			
34. My memory is a	34. My memory is as good as it ever was.						
1	2	3	4	5			
Not at all True	Rarely True	Somewhat True	Usually True	Almost Always True			
35. I have a hard time expressing my feelings, even to the people I care about.							
1	2	3	4	5			
Not at all True	Rarely True	Sometimes True	Frequently True	Almost Always True			