

# The Mississippi Scale

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

## 1. 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

## 2. I do not feel guilt over things that I did in the military.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Usually True	Always True

## 3. If someone pushes me too far, I am likely to become violent.

1	2	3	4	5
Very Unlikely	Unlikely	Somewhat Unlikely	Very Likely	Extremely Likely

## 4. If something happens that reminds me of the military, I become very distressed and upset.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

## 5. The people who know me best are afraid of me.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True

## 6. I am able to get emotionally close to others.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

## 7. I have nightmares of experiences in the military that really happened.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**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 have no feelings.**

1	2	3	4	5
Not at all True	Rarely True	Sometimes True	Frequently True	Very Frequently True

**10. Lately, I have felt like killing myself.**

1	2	3	4	5
Not at all True	Slightly True	Somewhat True	Very True	Extremely True

**11. I fall asleep, stay asleep and awaken 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 when others died in the military.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**13. Being in certain situations makes me feel as though I am back in the military.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**14. My dreams at night are so real that I waken in a cold sweat and force myself to stay awake.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**15. I feel like I cannot go on.**

1	2	3	4	5
Not at all True	Rarely True	Sometimes True	Very True	Almost Always True

**16. I do not laugh or cry at the same things other people do.**

1	2	3	4	5
Not at all True	Rarely True	Somewhat True	Very True	Extremely True

**17. I still enjoy doing many things that I used to enjoy.**

1	2	3	4	5
Never True	Rarely True	Sometimes True	Very True	Always True

**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 separation from the military.**

1	2	3	4	5
Not at all True	Slightly True	Somewhat True	Very True	Extremely True

**20. I have trouble concentrating on tasks.**

1	2	3	4	5
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True

**21. I have cried for no good reason.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**22. I enjoy the company of others.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**23. I am frightened by my urges.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**24. I fall asleep easily at night.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**25. Unexpected noises make me jump.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**26. No one understands how I feel, not even my family.**

1	2	3	4	5
Not at all True	Rarely True	Somewhat True	Very True	Extremely True

**27. I am an easy-going, even-tempered person.**

1	2	3	4	5
Never	Rarely	Sometimes	Usually	Very Much So

**28. I feel there are certain things that I did in the military that I can never tell anyone, because no one would ever understand.**

1	2	3	4	5
Not at all True	Slightly True	Somewhat True	True	Very True

**29. There have been times when I used alcohol (or other drugs) to help me sleep or to make me forget about things that happened while I was in the service.**

1	2	3	4	5
Never	Infrequently	Sometimes	Frequently	Very Frequently

**30. I feel comfortable when I am in a crowd.**

1	2	3	4	5
Never	Rarely	Sometimes	Usually	Always

**31. I lose my cool and explode over minor everyday things.**

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

**32. I am afraid to go to sleep at night.**

1  
Never

2  
Rarely

3  
Sometimes

4  
Frequently

5  
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  
Never

2  
Rarely

3  
Sometimes

4  
Frequently

5  
Almost Always

**34. My memory is as good as it ever was.**

1  
Not at all True

2  
Rarely True

3  
Somewhat True

4  
Usually True

5  
Almost Always True

**35. I have a hard time expressing my feelings, even to the people I care about.**

1  
Not at all True

2  
Rarely True

3  
Sometimes True

4  
Frequently True

5  
Almost Always True