



CRIES-8

Date: / / **20**

Time: h m

Below is a list of comments made by people after stressful life events. Please mark each item showing how frequently these comments were true for you during the past seven days. If they did not occur during that time please mark the 'not at all' box.

Frequency during the last week:		0	1	3	5
1	Do you think about it even when you don't mean to?	Not at all	Rarely	Sometimes	Often
2	Do you try to remove it from your memory?	Not at all	Rarely	Sometimes	Often
3	Do you have waves of strong feelings about it?	Not at all	Rarely	Sometimes	Often
4	Do you stay away from reminders of it (e.g. places or situations)?	Not at all	Rarely	Sometimes	Often
5	Do you try not to talk about it?	Not at all	Rarely	Sometimes	Often
6	Do pictures about it pop into your mind?	Not at all	Rarely	Sometimes	Often
7	Do other things keep making you think about it?	Not at all	Rarely	Sometimes	Often
8	Do you try not to think about it?	Not at all	Rarely	Sometimes	Often