

Post-Incarceration Syndrome Self-Check

This self-check worksheet is designed to help you identify possible symptoms of Post-Incarceration Syndrome (PICS) and reflect on how they may be showing up in your daily life. Check the boxes that apply to you. Then, use the scoring guide at the end to get a better sense of where you are and what support you might need.

♦ Mental and Emotional Symptoms

- ☐ I feel emotionally numb or disconnected from people and experiences.
- ☐ I struggle to trust others, even those close to me.
- ☐ I experience sudden anger or irritability that feels hard to control.
- ☐ I have trouble concentrating, focusing, or remembering things.
- ☐ I feel like I'm still 'on alert' or watching my back constantly.
- ☐ I don't feel like the same person I was before incarceration.

♦ Behavioral and Physical Symptoms

- ☐ I avoid social situations or isolate myself from others.
- ☐ I overreact to small problems or misunderstandings.
- ☐ I have difficulty sleeping, frequent nightmares, or racing thoughts.
- ☐ I turn to substances or risky behaviors to cope.
- ☐ I struggle with time management or making decisions.
- ☐ I feel stuck in routines that feel like survival mode.

♦ Reflection Questions

1. Which of the symptoms above do I experience most often?

2. How are these symptoms affecting my relationships, work, or health?

3. What would healing look like for me in these areas?

4. Who can I talk to about what I'm experiencing?

◇ Scoring Your Self-Check

Count how many boxes you checked from the symptom sections above (Mental/Emotional and Behavioral/Physical combined).

0-3: Low Impact – You may have some challenges, but they're not strongly affecting your daily life.

4-7: Moderate Impact – You're showing several signs of PICS. It may help to talk to someone and create a plan.

8-12: High Impact – PICS symptoms may be deeply affecting your thinking, emotions, or relationships. Consider reaching out for professional support or joining a reentry coaching program.