

# CODE CHECK

## EVERYTHING IS OK

## I'M TRIGGERED

I'm feeling anxious, irritable or angry. I need my space take me home. Don't ask me why, don't take it personal, and don't get mad. Call my accountability partner, a local person who I trust and shares the same life experiences as me, and give them a heads up. This can keep me out of code Red.

## HELP!

You notice changes in my behavior. I could be sleeping more, drinking more, or disconnecting from the things I enjoy. Call My Accountability Partner now.

**There is NO SHAME in PTS!**

Triggers can be brought on by smells, sounds, or visual connections suddenly without warning taking you back to your trauma. This sudden change of attitude might be misunderstood by your family & friends leading to arguments, hurt feelings and breakups. Part of managing your Post Traumatic Stress is establishing a plan of action that includes your family & friends. You can start this simple tool immediately by sharing this with them. Together We Will ~Mama Lutz

Lutz Live To Tell Code Check

For More Info: [www.LutzLiveToTell.org](http://www.LutzLiveToTell.org)

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