**Law Enforcement Traumatic Stress Worksheet**

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.1 Who are the “tough guys” and why is this toughness necessary?

2. How does this toughness become an impediment to workers who serve the needs of law enforcement, emergency services, and public safety?

3. Which professions experience the kind of critical incidents that can result in traumatic stress?

4. Who is this article written for?

5. Why are police officers reluctant to talk to outsiders or admit to trauma?

6. What are some of the downsides of being a police officer?

7. What are the symptoms of trauma after a particularly stressful incident?

8. What are some of the coping mechanisms of officers in dealing with the accumulation of stresses?

9. Why do you suppose that officers develop a “closed society”?

10. What happens to officers involved in shootings?

Special Assignments and Units

11. How do high-ranking officers compare in the experience of stress?

12. How does Gamache handle trauma?