

VA PTSD Ratings and Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim. The full guide, with the research, charts and sources, stays on the website.

Start with the essentials

1 Which stressor path applies changes what is needed

Combat, fear of hostile activity, personal assault and a few others are proved differently, and one of them may need no outside corroboration at all. Find yours before gathering anything.

2 The rating is about functioning, not a symptom list

Note what the symptoms stop you doing at work and at home, in your own words. The guide sets out the criteria and what the Board has treated as meeting them.

3 Bring the diagnosis, the stressor and the link together

Note what records exist for each of the three, and mark honestly what you do not have. The figures on this page describe published Board decisions, not your odds.

Prepare: your own working pages

Optional. These are your own notes, in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Stressor-path and record questions

—

Which stressor-path explanation do you want help understanding?

Dates, units, record locations, or possible witnesses to ask about

Information you do not have or do not want to enter here

Daily-functioning notes

—

Effects on work, concentration, routines, or ordinary tasks

Effects on relationships and social activities you want to describe

How often difficulties occur, how long they last, and changes over time

Treatment and exam questions

—

Treatment history, changes, and what you want the examiner to know

Questions about the appointment or support you may want to request

Questions or facts you do not want to forget

Records and unanswered questions

—

Record, date, source, and page if known

Do I have my own copy?

Choose one



Do I know whether the VA has it?

Choose one



Missing records, request dates, and questions to follow up

Decision-letter reading sheet

—

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative
