

Trauma & You

Experiencing trauma at the hands of someone we love and trust often impacts us profoundly and in many areas of our lives

Trauma can affect our capacity to trust other people and trust ourselves.

What you are feeling is normal:

- * Spacing out
- * Yelling or crying uncontrollably
- * Not being able to breathe
- * Bouts of intense fear
- * Having nightmares or flashbacks
- * Aggressive behavior (i.e.; throwing or destroying objects)
- * Social withdrawal, (i.e.: having difficulty establishing relationships, pulling jackets hoods over the head and tuning out, feeling numb)
- * Not being able to focus on the task at hand
- * Disassociating (feeling 'outside of your body')
- * Overwhelming feelings of guilt
- * Shame, blame; and loss of ability to complete basic routines, etc...

Bringing Myself Into Balance—What I Can Do:

I'm not feeling strong right now, but its okay. I will pursue healing. My healing is my strength. I will take 15 minutes to take care of myself today. *When I feel most scared or most overwhelmed, I will come into the moment:*

- ◇ Use mind body practices and meditate
- ◇ Pay attention to physical and sensory environments
- ◇ Remember, feelings are only temporary: "Right now I am well"
- ◇ Replace feelings of failure with feelings that I am free at last; I have a new life
- ◇ Let go. Letting go = loving me; letting go = being prepared for new things
- ◇ Whether my kids like me or not depends on whether I like myself

Actions I can take: I will go for a walk; ride a bike; hug my dogs; hug my children; dance; take a bath.

- ◇ Rest and eat well
- ◇ Write— thoughts or anything that comes to my mind
- ◇ Start solving a crossword or sudoku puzzle.

When I have these feelings I will reach out to:

1. _____
2. _____
3. _____

Give Yourself Time

Talk About Your Traumatic Experience

Re-Establish a Sense of Safety

The Single Most Important Moment is Now ♦ You Are Safe Now