

# 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**

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Bilingual Hotline: 415-924-6616 • ManKind/WomanKind/Mujer Gentil: 415-457-6760 • Youth Textline: 415-526-2557