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 it’s 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**

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

Center for Domestic Peace  Phone: 415-457-2464  www.centerfordomesticpeace.org
24-Hour Hotline (English): 415-924-6616; 24-Hour Hotline (Spanish): 415/924-3456; ManKind hotline 415/924-1070