

TRAUMA-PROOFING THE REVIEW

IMPACT OF TRAUMA

- Cannot trust self, others, environment
- Intrusive thoughts/feelings/memories/symptoms
- Addictions attempt to numb out unwanted thoughts/feelings/memories/symptoms

<u>Relationships</u>	<u>Emotions</u>	<u>Behavior</u>	<u>Physical</u>
Relationship Instability	Anxiety	Multiple Addictions	Chronic Fatigue
Codependency	Anger	Self-Harm	Pain
Domestic violence	Panic Attacks	Avoidance	Sleep problems
Multiple sex partners	Emotional	Isolation	Health Problems
Burned bridges	dysregulation	Unemployment	Enuresis/Encopresis
	Defensive	Risky behaviors	Nightmares
	Numb:	Suicidal attempts	
	“Checked Out”	Hyperactive	
	Depression	Compulsive behaviors	
	Sadness	Hypervigilant	
	Hypersensitive	Pseudo-maturity (parentified)	
	Guilt	Violence	
	Overwhelmed	Attempts to Control	

Thinking

Low self-esteem
Learned helplessness
Hopelessness
Unable to focus
Thought problems
Negativity
Criminal thinking

