Trauma Reactions

Avoiding trauma reminders

- using drugs, distraction, or constant activity to avoid thinking or feeling
- avoiding people, places, things, or situations related to the trauma
- pushing away memories of what happened
- avoiding things that cause intense sensations (exercise, intimacy, strong emotions)
- not talking about what happened

Reliving the trauma

- vivid memories of what happened
- nightmares
- flashbacks (suddenly feeling like the trauma is happening again)
- intense emotions (panic, anger, grief, anxiety)
- re-experiencing the trauma through certain sights, sounds, or smells

Upsetting thoughts or emotions

- blaming oneself for what happened
- losing interest in things that once mattered
- feeling isolated, disconnected, or emotionally numb
- feeling ashamed or “damaged”
- trouble trusting or connecting with others

Feeling on edge

- feeling irritable or jumpy
- difficulty sleeping, relaxing, or concentrating
- feeling unsafe and seeing danger everywhere
- physical stress (racing heart, upset stomach, sweaty palms, headaches)
- seeking quick relief through risky activities (substance use, casual sex, emotional eating, gambling)

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