

Exercise sheet

I FEEL DETACHED, DISCONNECTED



1 True forgery

« We can never be the same again after such horror! » **True and false!** Trauma impacts and changes many things. There's often a phase when the victim is completely different, somewhat bizarre. But afterwards the victim regains his or her identity and personality.

« It takes time to find yourself, to return to life after a trauma. » **True!** Following a trauma, we need time to recover.

2 It's experienced

“

Since the war began, I needed time to stop feeling on edge. Things no longer have the same value. I've changed my priorities, I can't be bothered with superficial things anymore. I'm more attentive to my well-being and that of my loved ones.

”

3 Know-Science

Everyone manages trauma in different ways, with often complex interpretations: a feeling of injustice, an impression of loss of humanity, of having changed forever. The person may then feel disconnected from their loved ones and from other people. They may have the impression of no longer being part of society. Trauma leads to a change in the perception of others and the world, especially in the case of deliberate violence. The personality evolves and changes. Trauma therefore leads to a shift in one's identity and its positioning with regard to others.

4 My shrink says to me!

Why are you different?

After a trauma, the body and psyche need to put certain functions on hold in order to preserve the energy needed to digest and integrate the event. The link with others is one of the functions that is momentarily put on hold so as to assimilate what's happening to us. People need to withdraw in order to integrate these new experiences. This process can lead to upheavals in your priorities, your values, your relations with family, friends and society, and even your relationship with life. The process can lead to a feeling of difference and distance from others.

5 The essential

- Trauma change our gaze on ourselves, on others and on life in general.
- A discrepancy with his own entourage is frequent, but often transient.