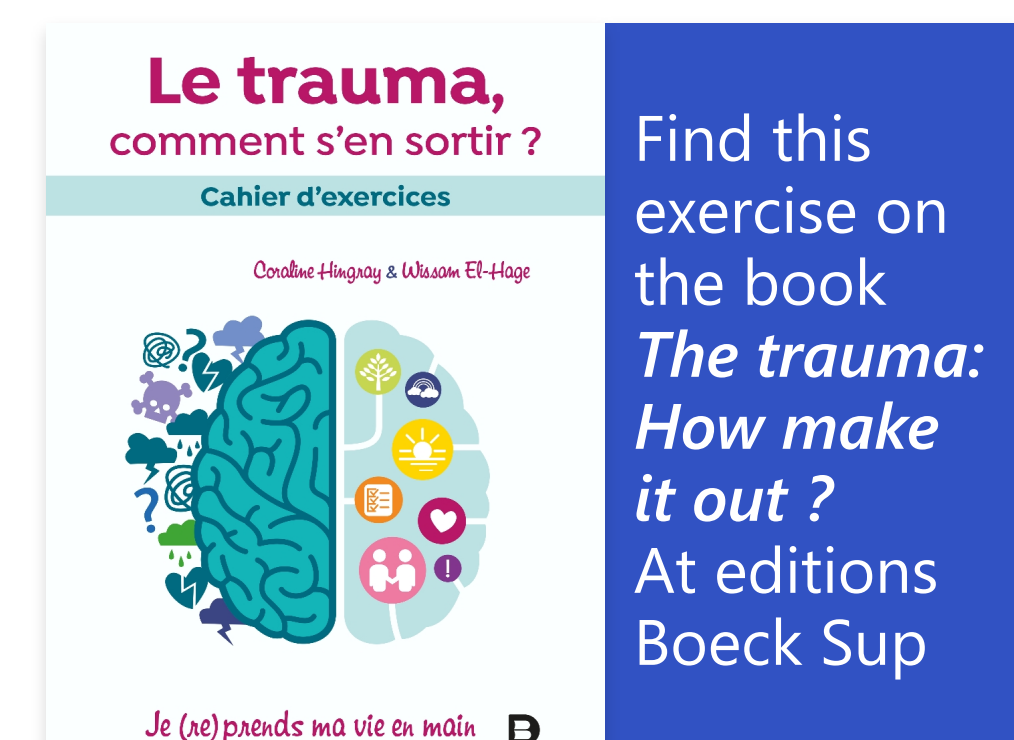


# Factsheet

# TRAUMA

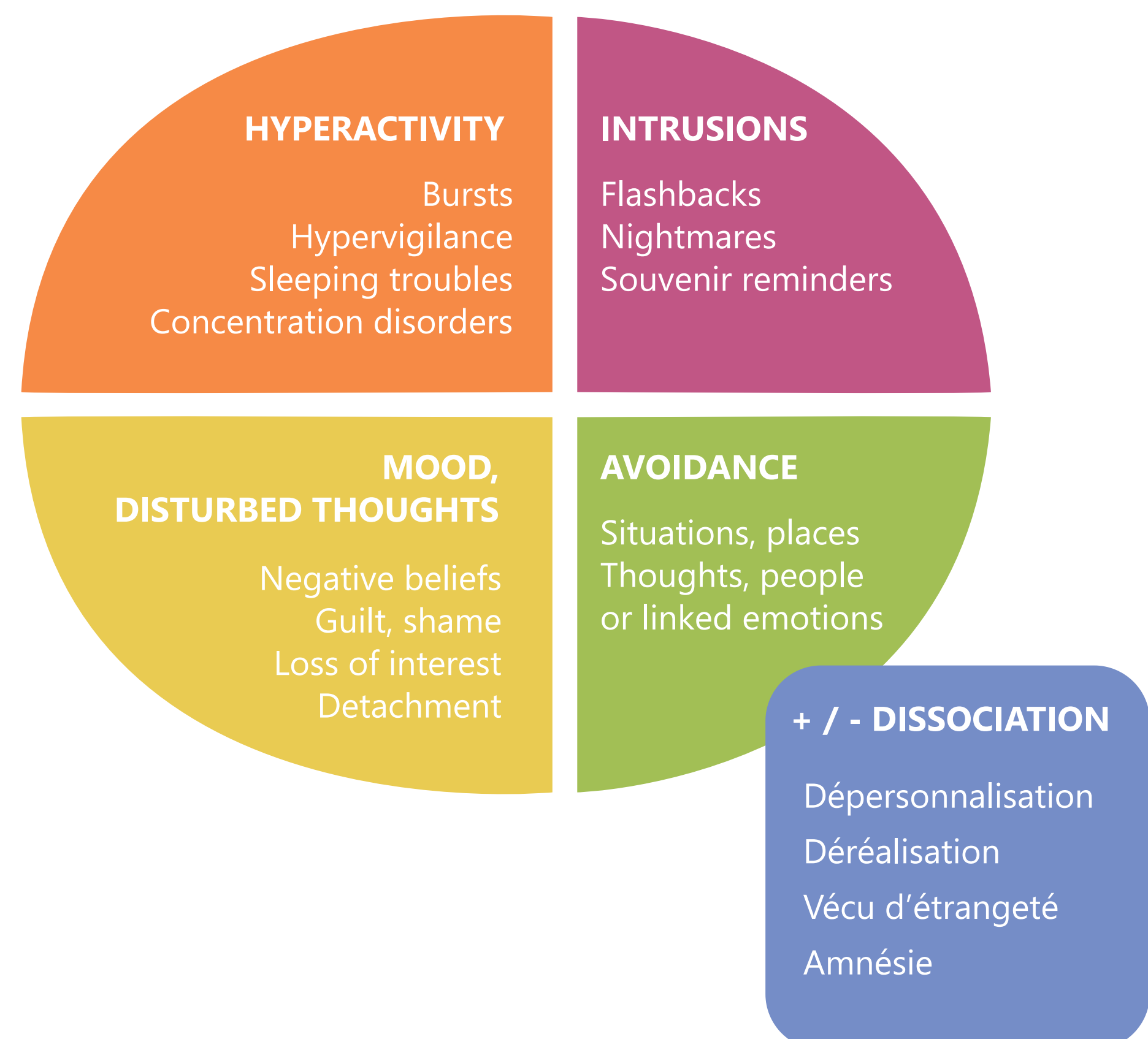


## My trauma

Serious, often brutal experience, which threatens the integrity of the person or his life, lived violent, loss of control

≠ Daily stressful event

## My symptoms



## Its nature

- Unexpected brutal death
- Serious threatening disease the life
- Mistreatment
- Natural disasters
- Accidents
- Aggressions
- Sexual violence/physical
- Harassment

## His characteristics

- Once
- Multiple times
- Once in childhood
- Repeatedly in childhood mistreatment, abuse, negligence, violence
- Deliberate interpersonal violence
- Feeling of helplessness
- Lack of support or recognition

## Their durations

- < 1 month: Acute stress
- > 1 month: Post-traumatic stress disorder

## My emotions

ANGER

RESENTMENT

SHAME

SELF-ASSESSMENT

SADNESS, DESPAIR

EMPTY, COLD, EMOTIONAL ANESTHESIA

## Mes complications

BODILY AILMENTS

DEPRESSION, SUICIDE

ADDICTIONS

ANXIETY DISORDERS

PERSONALITY DISORDERS

- Instability in relations
- Instability in the emotions
- Feeling of insecurity, fear of abandonment
- Self-aggressiveness: mutilation, suicide attempt
- Dissociation