Factsheet TRAUMA

My trauma

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



Find this exercise on the book *The trauma:* How make it out ? At editions Boeck Sup

My symptoms **HYPERACTIVITY INTRUSIONS** Flashbacks Bursts Hypervigilance Nightmares Souvenir reminders Sleeping troubles Concentration disorders

violent, loss of control



MOOD, **DISTURBED THOUGHTS**

> Negative beliefs Guilt, shame Loss of interest Detachment

AVOIDANCE

Situations, places Thoughts, people or linked emotions

+ / - DISSOCIATION

Dépersonnalisation Déréalisation Vécu d'étrangeté Amnésie

Its nature

- Unexpected brutal death Ο
- Serious threatening disease the life 0
- Mistreatment \bigcirc
- Natural disasters 0

His characteristics

Once Ο Multiple times Ο Once in childhood Repeatedly in childhood mistreatment, abuse,

Accidents

Aggressions O

- Sexual violence/physical O
- Harassment \mathbf{O}

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

Mes complications

ANGER RESENTMENT

SHAME SELF-ASSESSMENT

SADNESS, DESPAIR

EMPTY, COLD, EMOTIONAL ANESTHESIA

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

