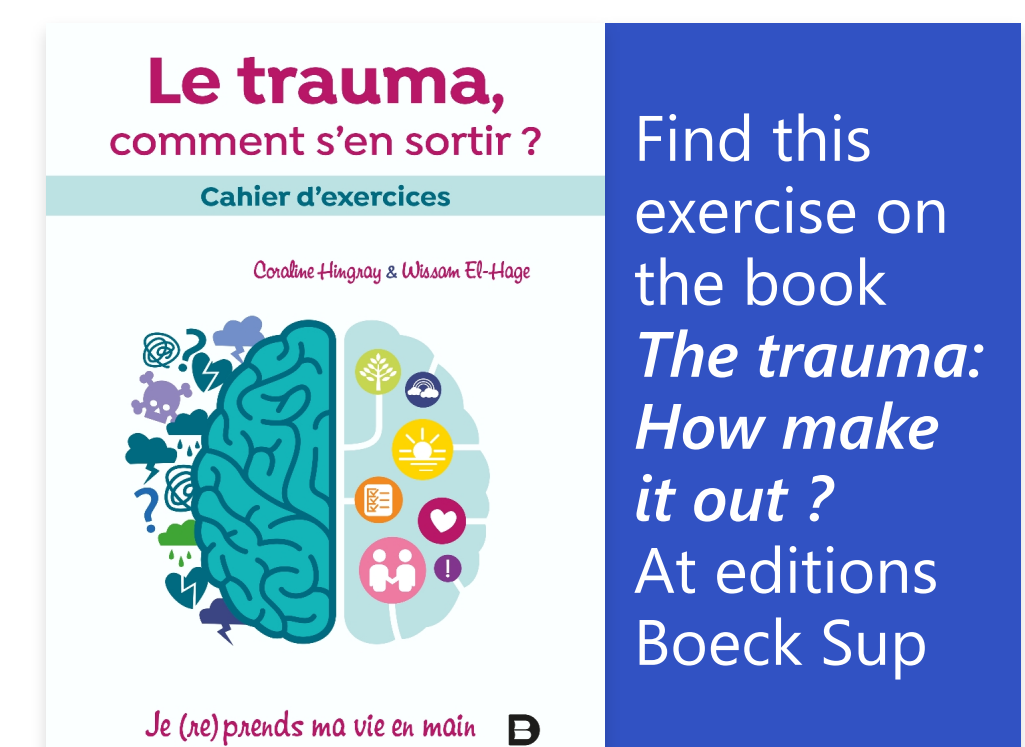


Factsheet

WHY DO I FEEL DIFFERENT?



1 True forgery

« We can never be the same again after such horror! » **True and false!**

A trauma affects and changes many things. There's often a phase where the victim is totally different, not at all him or herself. But the victim recovers his/her identity and personality afterwards.

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

2 It's experienced

“

Since the war, it's taken time for me to no longer feel on edge. Things no longer have the same value. My priorities have changed, I don't have time for things that are superficial anymore. I take more notice of how I feel and how my loved ones are.

”

3 Know-Science

Everyone lives through trauma in different ways, with complex interpretations of it: a feeling of injustice, an impression of loss of humanity, a feeling of being changed forever. The person may then disconnect from loved ones, from others. They may have the impression of not belonging to society. Trauma leads to changes in the perception of others and the world, especially in cases of deliberate violence. The personality evolves and changes. Trauma thus leads to a reshaping of identity and how its positioned with regard to others.

4 My shrink says to me!

Why are you different?

After a trauma, the body and psyche need to stop certain functions in order to have enough energy to digest and integrate the event. Links with others are often sacrificed momentarily to assimilate what's happening to us. We need this withdrawal time to integrate the new experiences. This can lead to changes in your priorities, your values, your relationships with family, friends and society, even your relationship with life. The process can also induce an impression 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.