

## Trauma Examples

Trauma is the result of being injured while vulnerable (open, authentic). These injuries can be physical, emotional, mental or spiritual. Trauma is not all bad, in many cases, it is not enough.

There was little or no regulation available – abandonment/neglect

There was too much regulation – controlled, not allowed, physical abuse

You were responsible for regulating others

Use the following examples to find where you have been wounded.

- a. Abuse – Physical, mental emotional
  - b. Neglect – basic physical or emotional needs not met
  - c. Abandonment
  - d. Invasion – Controlling or dismissing family systems – Controlled by anger, fear, or threat of abandonment
  - e. Lack of emotion – disconnected family systems
  - f. Parentified – responsible for making parents feel calm or regulated
  - g. Rejection – school bullying
  - h. Death or loss/divorce including pets
  - i. Lack of resolution (no help in repairing injuries)
  - j. Betrayal – not being protected by one parent from the damaging effects of the other parent
  - k. Serious injuries or medical procedures
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- Coming from families when normal emotions such as fear, anger, sadness, and joy were not allowed or seen as weakness. Forced to avoid or not have feelings.
  - Failed attempts at connection (Reached out to connect, but were unable to have the connection completed)
  - Events where people that hurt you intentionally or unintentionally (physically, mentally, emotionally, or spiritually)
  - Loss of a pet, friendships, young loves
  - Events that made you feel: scared, hurt, shamed, embarrassed, confused, helpless, abandoned, rejected inferior, or inadequate.
  - Terrified or controlled by another's anger
  - Controlled or forced to live a certain way (physically, emotionally, mentally, or spiritually).
  - Not allowed to pursue your desires or interests.
  - Being rejected for being authentic (being you).
  - When people used you to make them feel better (being a good boy or girl)
  - Made responsible for regulating other's emotions (mom or dad's confidant)
  - Made responsible for making the family looking good.
  - Made to feel unsafe or threatened with exclusion and alienation.