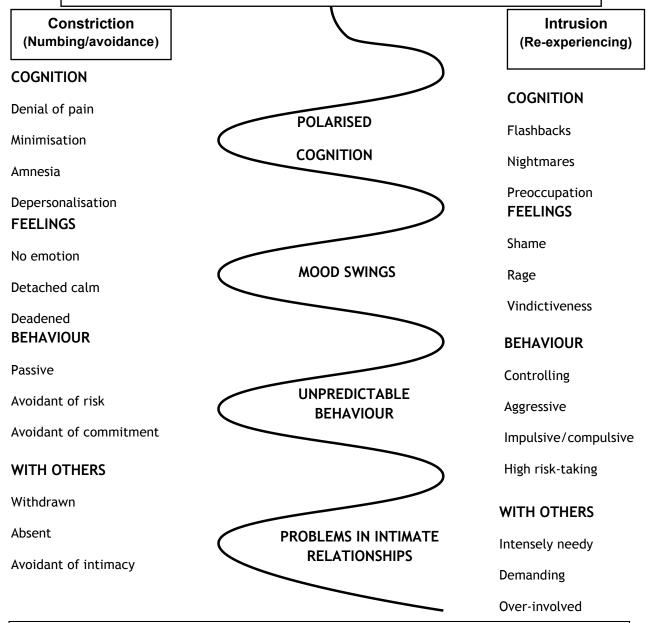
The aftermath of trauma

The event

Hyper-Arousal, "Permanent Alert": Fight/flight, hyper-vigilant, irritable, tense, explosive, anxious, insomnia, mistrusting, difficulty with concentration.



BODY EFFECTS: Chronic pain, body memories, disconnection from body sensations or felt needs, gastrointestinal problems, hypertension, exhaustion, hatred of body