

The aftermath of trauma

The event

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

**Constriction
(Numbing/avoidance)**

COGNITION

Denial of pain

Minimisation

Amnesia

Depersonalisation

FEELINGS

No emotion

Detached calm

Deadened

BEHAVIOUR

Passive

Avoidant of risk

Avoidant of commitment

WITH OTHERS

Withdrawn

Absent

Avoidant of intimacy

**Intrusion
(Re-experiencing)**

COGNITION

Flashbacks

Nightmares

Preoccupation

FEELINGS

Shame

Rage

Vindictiveness

BEHAVIOUR

Controlling

Aggressive

Impulsive/compulsive

High risk-taking

WITH OTHERS

Intensely needy

Demanding

Over-involved

POLARISED

COGNITION

MOOD SWINGS

**UNPREDICTABLE
BEHAVIOUR**

**PROBLEMS IN INTIMATE
RELATIONSHIPS**

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