

COMMON REACTIONS TO TRAUMA

Replaying
the event
in your head



Subtle things
can become
triggers



Numbness
and
dissociation

Hypervigilance,
anxiety, being
easily startled



Memory loss,
struggling with
concentration



Sudden, vivid
memories of
the event

Shame,
guilt,
self-blame



Risky and
impulsive
behavior, anger



Increased
substance
use

Avoiding things
that remind you
of the event



Distorted,
negative view
of the world
and the self



Struggling with
maintaining
healthy
relationships

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