

MANAGING YOUR OWN TRAUMA

Sometimes, the experiences people have had as children leave them feeling fragile at times and vulnerable.

The most common area of difficulty for parents who have had a difficult childhood and had exposure to life threatening situations as adults is in learning how to regulate their emotions.

Sometimes people feel overwhelmed, have thoughts that keep on coming into their heads about the events. For other people, sleep is difficult, possibly with nightmares that have a similar theme and are related to the traumatic experience. Others feel like they are always on edge - ready to for flight or fight. Here are some questions to consider about your experiences **in the last month**:

- Have you had nightmares about the event(s) or thought about the event(s) when you did not want to?
- Have you tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?
- Have you been constantly on guard, watchful, or easily startled?
- Have you felt numb or detached from people, activities, or your surroundings?
- Have you felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?

If you have answered YES to most of these, it is possible that you are experiencing some ongoing responses to a traumatic event or events in your life.

Talk this through with your PuP therapist. There are probably a number of different options that are worth considering that could support you.