

# Trauma

**Trauma shows up very differently to all of us. Sometimes painful, other times we repress them.**

**The response, however, is always a way to regulate ourselves and distance ourselves from the experience.**

# Reactions

**After going through a traumatic experience, we react to it in order to cope with the pain associated with it.**

**Avoidance of the reminders by masking it with substances or avoiding certain places or people is one of the common ways to do so.**

# Support system

**This avoidance distances us from the very community that helps us heal from the experience.**

**The avoidance or negative thought cycles do save us from the painful memories of the trauma, but it often also acts as a barrier in the healing process.**