

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.