

TRAUMA RESPONSES



Feelings

Angry
Offended
Upset
Stressed
Irritated
Tense

Actions

Bullying
Controlling
Narcissistic
Explosive
Aggressive
Defensive

Coping Strategies



Deep breathing exercises



Positive Self talk



Support Networks



Physical Activities



Journalling Thoughts



Grounding Techniques



Mindful meditation



Anxious
Panicked
Scared
Distracted
Zoned out
Trapped

Over thinking
Fidgety
Avoids Conflict
Perfectionist
Workaholic
Hypervigilant



Gentle Movement



Safe Space Visualisation



Calming Affirmations



Self-soothing Techniques



Focussed or Controlled Breathing



Mindful Awareness



Numb
Empty
Bored
Lacking Focus
Scared
Shame

Disassociated
Depressed
Seeks solitude
Avoids people
Daydreaming
Indecisiveness



Grounding Techniques



Holding a safe object



Progressive Muscle Relaxation



Focussed or Controlled Breathing



Reorienting Thoughts



Gentle Movement



Overwhelmed
Scared
Disconnected
Responsible
Burnt out
Inauthentic

People pleasing
Co-dependency
Can't say no
Easily manipulated
No boundaries
Overly apologetic



Boundary Setting



Reflective Journalling



Inner Child Healing



Assertiveness Training



Prioritise Self-Care



Validation Affirmations



Detachment Techniques