## My Trauma Cycle Experience (Internal or External) How to How did I Meet Need Emotion Need soothe/vent Safety Trauma Responses (What did you do to try to create safety?) Survival Safe-Harboring Pain <u>Response</u> $\square$ Mirror **☐** Fight Historical/Intergenerational (Deflect) ☐ Flight *Interpersonal* $\square$ Shield Single-incident Freeze (Distract) **Vicarious** Temporary Benefit Frenzy Physical/Medical □ Sword $\square$ Fold **Betraval** (Defend) □ Fawn Long-Term Consequences North**S\***ar Knowlton Counseling Relational © 2022 Laney Knowlton. All Rights Reserved.