My Trauma Cycle

Experience
(Internal or External)

_____
_____
_____

How did I soothe/vent
_____

Emotion
_____

Need
_____

How to Meet Need
_____
_____
_____

Safety

Trauma Responses

(What did you do to try to create safety?)

Survival Response

- ❑ *Fight*
- ❑ *Flight*
- ❑ *Freeze*
- ❑ *Frenzy*
- ❑ *Fold*
- ❑ *Fawn*

Safe-Harboring

- ❑ *Mirror (Deflect)*
- ❑ *Shield (Distract)*
- ❑ *Sword (Defend)*

Temporary Benefit
_____

Long-Term Consequences
_____
_____
_____

Pain

- ❑ *Historical/Intergenerational*
- ❑ *Interpersonal*
- ❑ *Single-incident*
- ❑ *Vicarious*
- ❑ *Physical/Medical*
- ❑ *Betrayal*

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