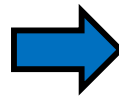


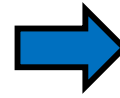
Trauma Cycle

Experience
(Internal or External)

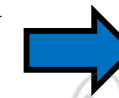
Soothe/
Vent



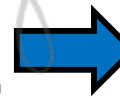
Identify
Emotions



Identify
Needs



Meet
Needs

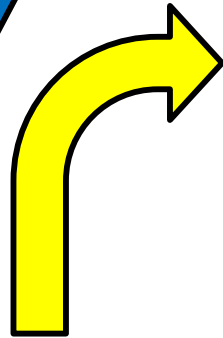
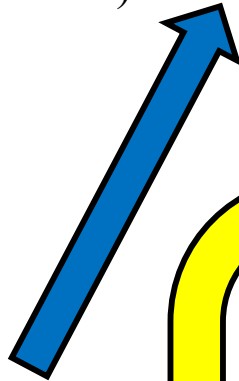


Safety



Pain

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



Survival
Response
(Terror)

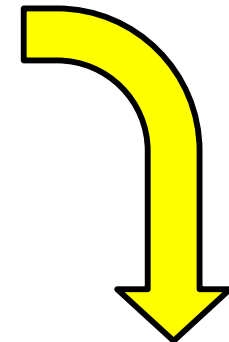
- Fight
- Flight
- Freeze
- Frenzy
- Fold
- Fawn

(Attempts to Create Safety)

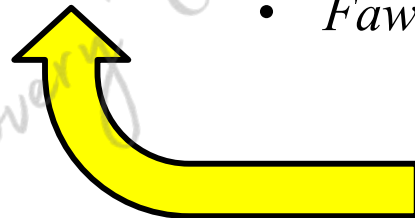


Safe-Harboring
(Continued Terror)

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



Temporary
Relief



Fear

Powerlessness
Hopelessness

