



Trauma Related Responses



Emotions

- Depression
- Anxiety
- Numbing
- Anger



Behaviors

- Reenactment
- Substance Misuse
- Aggression
- Isolation



Cognitive

- Self Blame
- Shame
- Dissociation
- Flashbacks



Physical

- Somatization
- Insomnia
- Digestive Problems
- Headaches