

## THE POSSIBLE EFFECTS OF TRAUMA

- Shame: something is wrong with me
- Guilt: I caused this
- Hypervigilance: a sense of constant danger, being startled easily, agitation
- Anxiety
- Survival Mode: short range planning
- Manipulation
- Anger
- Helplessness: victim stance, passive, nothing I do will make a difference
- Solitary: disconnected, withdrawing from others
- Lack of Trust: unable to trust others or God
- Lack of Hope: despair
- Emotional Immaturity: a person may be fixed at the age of the trauma
- Difficulty in relationships
- Grief
- Feeling numb
- Confusion
- Difficulty concentrating
- Intrusive memories