



The Effects of Trauma

“Why do I still feel it?”

...even after it’s over.

Understanding Trauma

Trauma isn’t just what happened — it’s what stayed inside you when there was no safe place to release it. When the body experiences shock, loss, danger, or violation, the nervous system holds that memory — sometimes for years. You may forget the event, but your body doesn’t.

How Trauma Affects the Mind

- Overthinking & replaying: Constantly analysing what went wrong.
- Dissociation: Feeling detached, numb, or “not really here.”
- Memory gaps: Difficulty recalling certain times or details.
- Hypervigilance: Always scanning for danger, even when safe.
- Difficulty concentrating: The mind is busy surviving, not resting.
- Intrusive thoughts or flashbacks: Sudden emotional memories without warning.

How Trauma Affects the Body

- Chronic tension or pain: Shoulders, jaw, stomach, and back often hold stress.
- Sleep disruption: Nightmares, restlessness, or waking suddenly.
- Fatigue: Feeling tired even after rest.
- Digestive issues: “Gut reactions” to emotions — nausea, bloating, or IBS-like symptoms

- Adrenal overload: The stress system stays “switched on.”
- Sensory sensitivity: Loud noises or certain smells may trigger distress.

How Trauma Affects Emotions

- Emotional numbness or shutdowns.
- Explosive anger or tears that seem to “come from nowhere.”
- Shame or guilt for things that weren’t your fault.
- Difficulty trusting others or feeling safe.
- People-pleasing or isolation as protective patterns.
- A strong need for control to avoid being hurt again.

How Trauma Affects Relationships

- Fear of rejection or abandonment.
- Struggle to set boundaries or express needs.
- Feeling unworthy of love or stability.
- Choosing familiarity over safety — “chaos feels normal.”
- Emotional over-dependence or emotional avoidance.

Healing is Not Forgetting — It’s Remembering Safely

Healing happens when you can tell your story, or feel your feelings, without your body reliving the threat.

That’s the work of trauma-informed therapy, safe connection, and compassionate self-awareness.

It takes time, gentleness, and space — but your body can relearn safety.

You Are Not Broken

You are a human being whose nervous system learned to survive.

The goal now is not to “get over it,”
but to learn how to live through it — with peace, understanding, and regulation.

