

Trauma Cycle

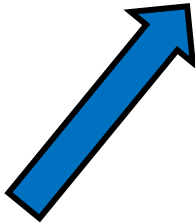
Experience
(Internal or External)



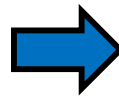
Pain

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

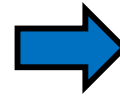
Soothe/
Vent



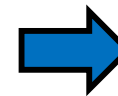
Identify
Emotions



Identify
Needs



Meet
Needs



Safety

(Attempts to Create Safety)

Survival
Response
(Terror)

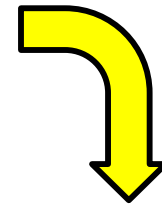


- *Fight*
- *Flight*
- *Freeze*
- *Frenzy*
- *Fold*
- *Fawn*



Safe-Harboring
(Continued Terror)

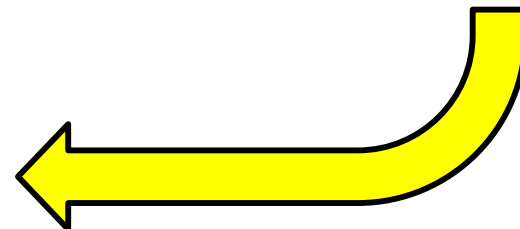
- *Mirror
(Deflect)*
- *Shield
(Distract)*
- *Sword
(Defend)*



Temporary
Relief

Fear

Powerlessness
Hopelessness



NorthStar

Relational
Consultants

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