

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: What Trauma Really Is

Trauma is about how overwhelming experiences shaped a child's nervous system, not about weakness or damage.

What I Notice

- Experiences that have felt overwhelming for my child include _____

- I notice my child becomes most unsettled when _____

What This Might Be About

- If my child's body learned to stay alert, it might be because _____

- This response could make sense given _____

What Comes Up for Me

- When I think about my child's past, I notice I feel _____

- A reaction I have when I consider this is _____

Gentle Reframe

"My child adapted to survive. These responses once made sense."

Final Reflection

- One thing I want to hold with more compassion is _____