Can you recognize the signs of trauma?

- Nightmares
- Dissociation
- Anger
- Flashbacks
- Hypervigilance
- Overwhelmed
- Feeling out of control
- Chest pain
- Asthma
- Autoimmune disorders
- Heart palpitations
- Jumpiness
- Breathing problems
- Pelvic pain
- Tension
- Headaches
- Digestive problems
- Chronic fatigue
- Sleep problems
- Chronic pain
- Mood swings
- Suicidal thoughts
- Feeling distracted
- Memory problems
- Difficulty concentrating
- Difficulty enjoying time
- Nervous
- Anxiety
- Loss of time
- Feeling overwhelmed
- Feeling out of control
- Feeling disconnected
- Feeling numb
- Depression
- Alcohol and drug use
- Numbness
- Feeling
- Hopelessness
- Shame
- Loss of interest in life
- Guilt
- Loss of trust
- Loss of meaning
- Faith
- Self-hate
- Irritability
- Isolation
- Self-blame
- Grief
- Loss of time
- Feeling
- Out of control
- Feeling
- Overwhelmed
- Feeling
- Feeling
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- Feeling
Can you recognize the signs of trauma?

**BODY**
- chest pain
- asthma
- autoimmune disorders
- heart palpitations
- jumpiness
- breathing problems
- pelvic pain
- tension
- headaches
- digestive problems
- chronic fatigue

**MIND**
- sleep problems
- chronic pain
- feeling overwhelmed
- difficulty concentrating
- difficulty enjoying time
- memory problems
- with family and friends
- nervous
- mood swings
- suicidal thoughts
- anxiety
- loss of time
- feeling distracted

**HEART**
- numbness
- depression
- alcohol and drug use
- shame
- loss of interest in life
- guilt
- lack of trust
- loss of meaning
- self-hate
- irritability
- isolation
- self-blame
- grief

**nightsmares**
- dissociation
- anger
- flashbacks
- hypervigilance
- overwhelmed
- feeling out of control
- feeling distracted

**FEAR**
- feeling disconnected
- hopelessness
- fear
- loss of trust
- loss of meaning
- self-blame
- grief
Can you recognize the signs of trauma?

**MIND**
- difficulty concentrating
- avoiding certain places, people, situations
- suicidal thoughts
- mood swings
- feeling distracted
- loss of time
- anxiety
- nervous
- memory problems
- difficulty enjoying time
- feeling out of control
- feeling overwhelmed
- hypervigilance
- flashbacks
- nightmares
- dissociation
- anger

**BODY**
- tension
- headaches
- digestive problems
- chronic fatigue
- pain
- pelvic pain
- breathing problems
- numbness
- disconnected
- anxiety
- feeling distracted
- difficulty enjoying time
- feeling overwhelmed
- hypervigilance
- flashbacks
- nightmares
- dissociation
- anger

**HEART**
- lack of trust
- lack of meaning
- loss of faith
- self-blame
- grief
- self-hate
- irritability
- isolation
- loss of meaning
- fear
- sadness
- hopelessness
- loss of time
- mood swings
- suicidal thoughts
- anxiety
- nervous
- memory problems
- difficulty enjoying time
- feeling overwhelmed
- hypervigilance
- flashbacks
- nightmares
- dissociation
- anger

**MIND**
- difficulty concentrating
- avoiding certain places, people, situations
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- feeling distracted
- loss of time
- anxiety
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- memory problems
- difficulty enjoying time
- feeling overwhelmed
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- flashbacks
- nightmares
- dissociation
- anger

**BODY**
- tension
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- chronic fatigue
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- pelvic pain
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- feeling distracted
- difficulty enjoying time
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