Trauma Response Cycle

Trauma = pain/hurt ⟹ Self-protection "I don't want to be hurt again"

⟶ Need for others to be with you in order to feel safe

⟶ Rejection of others due to fear of harm. Everyone is viewed as a potential threat.

Inner conflict leads to passive aggression

⟹ Conflict
Triggers
Strained relationships
Repeated negative cycles
Systems created to solve problems are likely to fail
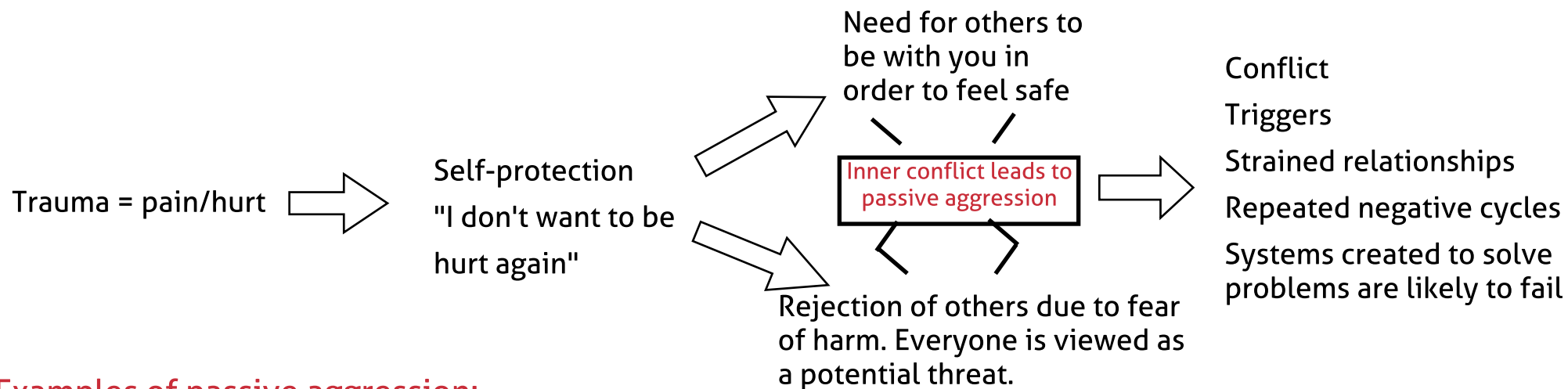
Examples of passive aggression:

"Tell me what to do... I hate your ideas"

"I want change... don't make me change"

"Come close to me... stay away from me!"

These create double-binds (lose-lose scenarios) and sabotage relationships and progress

Breaking the Cycle:

Trauma = pain/hurt ⟹ Mindfulness of present moment

"I am not being hurt anymore"

Use grounding and self-care strategies daily even when not triggered

Stay focused on present life-giving activities

⟹ Acceptance of others who are caring and non-abusive

Ability to give to others and see them as non-threats

⟹ Open and direct communication

Positive shared experiences

⟹ Peaceful, safe relationships

Ability to move forward

Systems created to solve problems are more likely to succeed