

Signs You May Have Unresolved Trauma

Inability to trust
Feelings of guilt or shame
Ongoing depression
Panic or anxiety attacks
Flashbacks, body memories
Addictions (trying to numb feelings)
Nightmares
Self harm activities
Unable to tolerate conflicts
Irritability
Irrational or unexplained fears
Hyper vigilance
Trouble falling asleep
Trouble staying asleep
Avoidance
Confusion, difficulty concentrating
Intrusive memories
Feeling numb or disconnected
Minimization of traumatic events
Aggression
Extreme startle response
The belief you are not/will never be safe
Thoughts everyone will hurt you
Thoughts that everyone cheats or is dishonest