

## Nine Processes of Healing Trauma;

Having the experiences you did not have to restructure your brain.

Having a new place to view the world that challenges the beliefs and conclusions that trauma and neglect have given.



**These processes are woven through the healing journey. They don't happen separately or in order. They happen alongside each other. Before we heal, we find a new place to stand: a new way of seeing ourselves that challenges the beliefs of trauma and neglect.**

## When you find yourself reacting,

When we respond calmly, to another person's distress, we are able to hear and respond to them. We provide the calm they need to get calm. When we react, our stress combines with theirs. A reaction is usually the result of images, sensations or emotions, that belong in unprocessed distressing experiences that have become attached to the present, triggered by our child, partner, customer, client, co-worker, or even a Tv character or news item. Our brain has connected something about what has been said or done with the original event. Our reaction has been triggered by the present but belongs in the past. **Breathe, Feel. Reflect, Story, Attend,** before you respond