



TRAUMA REACTIONS

Healing Life's Hurts Through Awareness,
Compassion, and Self-Care

W O R R Y

- ▶ A child may worry following a traumatic event, that more unwanted change may occur.
- ▶ A child experiencing the reaction feeling of worry, needs validation, and consistency.
- ▶ Common 'feelings' of worry, are stomach pains.

It is common for one to demonstrate displaced anger.

A child experiencing the reaction of anger, needs validation.

Let the child know it is ok to feel angry.

A N G E R

ATTACHMENT AND TRAUMA TREATMENT CENTRE FOR HEALING

F E A R

- ▶ Signs of fear: consistently needing to be reassured, unwilling to separate from parent, unwilling to speak about their fears.
- ▶ A child can begin to feel fearful when there is unwanted change, or a change in their routine.
- ▶ A child experiencing the feeling of fear may need constant reassurance.

Children who are experiencing hurt may be withdrawn from communication, activities, and involvement with others.

Common feelings of 'hurt' could include (but are not limited to): headaches, or stomach aches.

Ask the child where in his/her body do they feel the hurt.

H U R T

ATTACHMENT AND TRAUMA TREATMENT CENTRE FOR HEALING

G U I L T

- ▶ Children may feel guilty when they blame themselves for their traumatic experience.
- ▶ When a child experiences a guilt reaction, it is important to provide reassurance, informing them it is not their fault.
- ▶ A child can often experience a feeling of rejection, in addition to guilt.

Children experiencing a trauma need:

Support

Validation

Reassurance

Education on their trauma reactions

Engaged in discussion regarding their reactions

N E E D S