Trauma Web

The column on the left lists various types of trauma that can affect our lives. The column on the right lists characteristics of trauma. Any of these may have affected you, your parents, grandparents or other people who have had a significant impact on your life. For each of the traumas and characteristics that have affected you, your family or significant others draw a line connecting the trauma or characteristic to "you" in the center of the page.

Death of a loved one		Frequent periods of depression
Gambling addiction		Difficulty hearing positives
Emotional abuse		Fear of conflict and anger
Drug addiction		Continuing sense of guilt
Physical abuse		Need to be in control
Verbal abuse		Fear of dependency
Cultural loss		Overly responsible
Alcoholism		Very irresponsible
Neglect		Overachievement
Racism		Poor self-images
Divorce	YOU	Need to be right
Poverty		Fear of trusting
Violence		Perfectionist
Disability		Chaos junkies
Relocation		Fear of feeling
Foster care		Fear of intimacy
Adoption		Underachievement
Oppression		Denial of problems
Sexual abuse		Fear of incompetence
Loss of a job		Compulsive behavior
Boarding school		Heavily depends on others
War experiences		Repetitive relationship behavior
Loss of spirituality		Unable to relax, let go , and have fun
Discrimination of any kind		Hypersensitive to the needs of others

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