Truths About Trauma

Understanding trauma with compassion, clarity, and hope

1. **Trauma is more than an event**
Trauma is not only about what happened. It is also about how the mind and body responded to overwhelm, fear, or helplessness.



2. **People respond differently**
Two people can experience the same event and be affected in very different ways. There is no 'right' way to respond to trauma.



3. **Trauma affects the whole person**
Trauma can impact the nervous system, thoughts, emotions, sleep, relationships, concentration, and sense of safety.



4. **Survival responses are protective**
Fight, flight, freeze, fawn, and shutdown are survival responses. They are not character flaws — they are the body's attempt to stay safe.



5. **Triggers are real**
A sound, smell, place, phrase, or feeling can activate a trauma response. Triggers are not weakness; they are signs the nervous system is trying to protect you.



6. **Healing is not linear**
Progress may come with setbacks, hard days, and repeated work. This does not mean healing is failing — it means healing is human.



7. **Safety and connection matter**
Healing often begins with safety, trust, supportive relationships, and tools that help the body regulate and feel grounded.



8. **Recovery is possible**
With support, compassion, and time, people can heal, grow, and build meaningful lives beyond trauma.



Trauma is not your fault.

Healing is possible.