

## Common Reactions to Trauma

<u>Physical</u>	<u>Emotional</u>	<u>Mental</u>	<u>Relational</u>
Sleepiness	Shame	Confusion	Mistrustful
Nausea	Anger	Image	Irritable
Digestive	Helpless	Flashbacks	Isolative
Problems	Feel Unsafe	Worry	Aggressive
Low Libido	Guilt	Disoriented	Critical
Low Appetite	Shock	Inability to focus	Clingy
Fatigue	Numb	Memory	Distracted
Racing Thoughts	Depression	issues	Incongruent Friendliness