

WHAT ARE COMMON REACTIONS TO TRAUMA?

Common Emotional and Behavioral Responses to Trauma

- Denial
- Confusion
- Anger
- Fear
- Guilt
- Anxiety
- Depression
- Flashbacks to the event
- Difficulty concentrating
- Withdrawing from friends and family

Common Physical Responses to Trauma

- Insomnia or disrupted sleep
- Fatigue
- Muscle tension
- Headaches
- Chest pain
- Chronic unexplained pain or health challenges



Understanding Your Reactions To Trauma

DJ Losen



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