

# Common Reactions to Trauma

When an incident of trauma occurs, the entire body reacts. As each person is a unique individual, each person's reaction to trauma will be different. Here is a brief list of common ways in which bodies can react to trauma.

*"Trauma creates change you don't choose. Healing is about creating change you do choose."*

- Michelle Rosenthal

## Emotional

- Anger/irritability
- Anxiety
- Denial/shock/disbelief
- Depression/sadness
- Fear/distrust/phobias
- Humiliation/shame
- Guilt/self-blame
- Numbness
- Embarrassment
- Low self-esteem

## Physical

- Fatigue
- Gastrointestinal irritability
- Headaches
- Muscular tension
- Soreness
- Immune system responses: Getting a cold
- STIs
- Physical injuries
- Panic attacks

## Cognitive

- Confusion
- Flashbacks
- Difficulty concentrating
- Intrusive thoughts
- Irrational thoughts
- Forgetfulness
- Fogginess
- Indecisiveness
- Difficulty completing tasks
- Thoughts about suicide

## Behavioral

- Eating/diet changes
- Sleep changes
- Nightmares/bad dreams
- Substance use
- Self-harm
- Lifestyle changes
- Changes in sexual behavior
- Impulsivity
- Lack of interest
- Lack of motivation

## Social

- Withdrawal
- Isolation
- Discomfort around people
- Not wanting to be alone
- Being nervous in crowds
- Loss of trust in self / others
- Fear of seeing perpetrator
- Difficulties with intimacy
- Change of friends

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