

TRAUMA CYCLE

EXPERIENCE
INTERNAL OR EXTERNAL

**SOOTHE/
VENT**

**IDENTIFY
EMOTIONS**

**IDENTIFY
NEEDS**

**MEET
NEEDS**

SAFETY

TRAUMA

- Historical/ Intergenerational
- Interpersonal
- Single-incident
- Vicarious
- Physical/Medical
- Betrayal

**SURVIVAL
RESPONSE**
TERROR

- Fight
- Flight
- Freeze
- Frenzy
- Fold
- Fawn

**SAFE-
HARBORING**
CONTINUED TERROR

- Mirror (deflect)
- Shield (distract)
- Sword (defend)

FEAR

- Powerlessness
- Hopelessness

**TEMPORARY
RELIEF**