

Symptoms of Trauma and Addiction

Symptom and Manifestation

Learned Helplessness

A person loses the feeling that they can affect or change what's going on.

Depression

Unexpressed and/or unfelt
emotion that leads to a flat
internal or highly defended
Internal world.

Emotionally Constricted

Numbness and shutdown as
a defense against
over-whelming pain.

Distorted Reasoning

Convoluted attempts to make sense out of chaotic, confusing, or painful experience.

Loss of Trust and Faith

Due to deep ruptures in primary relationships and breakdown of an orderly world.

Hyper vigilance

Constantly scanning environment and relationships for signs of potential danger or repeated rupture.

Traumatic Bonding

Unhealthy bonding resulting from power imbalance in relationships and lack of other sources of support.

Loss of Ability to Take in Support

Fear depending upon relationships due to repeated disappointment and trauma's numbness and emotional shutdown.

Loss of Ability to Modulate Emotion

Black and white thinking,
feeling and behavior, as result
of trauma 's numbing vs.
tri-affect.

Easily Triggered

Stimuli reminiscent of trauma trigger causing a person to shut down or act out.

High Risk Behaviors

Acting out a pain filled or numbed inner world through speeding, sexual acting out, spending, fighting or other behaviors done in a way that puts one at risk.

Disorganized inner World

Disorganized object
relationships or thought
process.

Survival Guilt

From 'getting out' of a painful situation while others are left behind.

Development of Rigid Psychological Defenses

Dissociation, denial, splitting, repression, minimization, intellectualization, projection, for some examples.

Cycles of Reenactment

Unconscious repetition or recreation of dysfunctional dynamics from the past.

Somatic Disturbances

The body holding and
expressing emotional and
psychological pain.

Desire to Self-Medicate

Attempts to manage a troubled inner world through the use of drugs and alcohol or behavioral addictions.

Family & Social Disorganization

Dislocation - Dysfunctions

Skewed Priorities & Values Distortions

SYMPTOMS OF TRAUMA AND ADDICTION

Symptom	Manifestation
1. Learned Helplessness	A person loses the feeling that they can affect or change what's going on.
2. Depression	Unexpressed and/or unmet emotion that leads to a flat internal or highly defended internal world.
3. Emotionally Constricted	Numbness and shutdown as a defense against overwhelming pain.
4. Distorted Reasoning	Convoluting attempts to make sense out of chaotic, confusing, or painful experience.
5. Loss of Trust and Faith	Due to deep ruptures in primary relationships and breakdown of an orderly world.
6. Hyper vigilance	Constantly scanning environment and relationships for signs of potential danger or repeated rupture.

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8. Loss of Ability to Take in Support	Fear depending upon relationships due to repeated disappointment and trauma's numbness and emotional shutdown.
9. Loss of Ability to Modulate Emotion	Black and white thinking, feeling and behavior, as a result of trauma 's numbing vs. tri-affect.
10. Easily Triggered	Stimuli reminiscent of trauma trigger causing a person to shut down or act out.
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