

# 7 THINGS TO KNOW ABOUT TRAUMA

(AND HOW TO RESPOND WITH COMPASSION)

## 1. **Trauma is more common than you think**

- **Many people carry unseen experiences.**
  - What you can do: Approach others with empathy—you may not know what they've been through.

## 2. **Trauma is about the response, not just the event**

- **It's how the mind and body react to overwhelming stress.**
  - What you can do: Focus on understanding, not judging reactions.

## 3. **Trauma responses are protective, not personal**

- **Fight, flight, freeze, and fawn are survival responses.**
  - What you can do: Pause and ask, "What might they be feeling right now?"

## 4. **Trauma affects relationships**

- **It can impact trust, communication, and emotional closeness.**
  - What you can do: Be patient and consistent—safety builds over time.

## 5. **"Overreacting" is often protection**

- **What looks intense may be a response to past pain.**
  - What you can do: Stay calm and avoid escalating the situation.

## 6. **Your presence matters more than perfect words**

- **Support doesn't require expertise.**
  - What you can do: Listen without judgment and validate feelings.

## 7. **You don't have to fix it**

- **Being present is powerful.**
  - What you can do: Encourage support when needed, but don't rush solutions.