

## Week 1- Video 4 Transcript

We covered a lot in the last video. So, take a deep breath and pat yourself on your back.

You did more than watch a video and maybe do a little writing. You started the healing process. You are slowly changing your thoughts and habits around your trauma.

So we learned the definition of trauma, but what is trauma response and how is that different?

For a very high level review, when threatened the oldest part of our brain goes into survival mode.

The limbic system – which, includes the primitive parts of the brain –triggers chemicals, including adrenaline, noradrenaline and cortisol to shoot through our body. This hyperadrenalized state prepared us to run from or fight off the danger. It increases our blood pressure, heart rate and breathing so we have the force or speed in limbs to survive. It shuts down digestion and decreases activity to the prefrontal cortex (the higher thought, or logical part of the brain) to conserve energy. This is fight or flight. As a last resort, if we sense that we can't win by fighting or running, we go into a freeze state. This is where we numb out. It can slow or paralyze our movement, reduce the sensation of pain, and blur or black out completely the memory of the event.

These responses are critical to our survival. They are not a disorder. But, sometimes it can show up in a way that disturbs our life experiences when the natural trauma processing is disrupted...in other words, if we can't run, fight, or otherwise respond in a positive, empowered way, we will develop unconscious, sometimes automatic, coping mechanisms that may include disturbances, habits and potentially disorders. Common responses to trauma are:

Hypervigilance

Post Traumatic Stress Disorder

Avoidance

Dissociation

Anger

Reactive

Guilt & shame  
Grief  
Depression  
Cynical  
Loss of libido  
Use of substances to numb

When we are processing trauma, we might experience:

Feeling used  
Feelings of abuse  
Feelings of being taken advantage of  
Treated like an object  
Feeling violated  
Disregarded or trashed  
Feeling vulnerable  
Feeling powerless

And since we all respond to traumatic events differently, post-traumatic response can show up in many areas of our life and manifest in several ways, including trauma-related disorders and disturbances. In addition to the common responses we covered, trauma can also induce:

Complex PTSD  
One of the Personality Disorders (PDs)  
Dissociative Identity Disorder (DID...formerly referred to as multiple-personality disorder)  
Depression  
Mood change  
Anxiety  
Spasms, jerks and twitches  
Addictions  
Over-eating, upset stomach, irritable bowel syndrome  
Allergies  
Body pain and aches (especially back and neck), migraines  
Exhaustion  
Fibromyalgia

To begin healing, we must adjust our natural way to process trauma to our modern life. In the wild, animals seldom hold onto their trauma. They run it off or they fight.

They may continue to circle until all the trauma is released. If they are caged, even to aid them, their natural way to process trauma is interrupted. They've lost their autonomy over their own lives and they can begin to show signs of PTSD.

The same goes for us. Except we don't have a physical cage...we have learned psychological cages programmed in us from early childhood...In other words, what we learned from our family, our community and society in general.

To heal, we need to return to a somatic or movement response in our bodies. We must slowly wake up to the actual control we have over our own lives through the decisions and actions we take, large and small. We need to feel empowered and we need to trust our instincts again. We may also need to unwind some conscious or subconscious coping mechanisms, overwriting powerful habits our subconscious created to keep us safe but simply don't work for us any more.

And that is what we will be introducing through this program.

Recognizing how and where you have control of your life (and your body), learning to trust your gut, and to be present, and to create healthy new habits...and to finally take your power back!

Now, on to the first skill....