

COUNTRY ROAD
your road to recovery

25 SURPRISING SIGNS OF TRAUMA

Why Do I Feel This Way?



Roughly 70% of Americans — 223.4 million people — have experienced some kind of traumatic event. But how many of us truly realize the extent to which that trauma impacts our lives?

Learning more about what constitutes trauma and how it can show up in your life can help you find true freedom and happiness. Hint: It's not just about feeling sad.

What is Trauma?

Clinicians often describe trauma as “Big T” Trauma or “Little t” trauma. Big T Trauma includes the types of situations you might easily classify as traumatic. For example:

- War
- Violent assault
- Cultural violence like genocide
- Natural disasters
- Mass shooting events
- A major accident
- Childhood abuse or neglect
- Physical, emotional, or sexual abuse

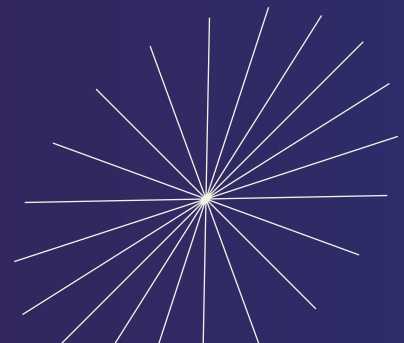


However, the Little t traumas can leave emotional scars that are just as deep. These types of traumas might include situations that you dismiss as “not that bad.” For example:

- The loss of a loved one or pet
- Boundary violations
- Medical challenges
- A breakup
- Bullying
- Financial insecurity
- Losing a job
- Rejection
- Humiliating experiences



Overall, a negative situation crosses the line into trauma when you experience something distressing and you do not have the ability to process it in a healthy way. That might be a result of childhood coping skills, or even just the magnitude of the event. It's why some situations that might be traumatic for one person are not traumatic for others. For example, one person might experience losing a job as the kickstart to a whole new and exciting career path. For another, it could take them out of the workplace indefinitely. Or, someone experiencing Big T Trauma but possessing a strong support system and healthy coping mechanisms may find it easier to overcome the experience than those without such resources.



How Trauma Hurts

You might not even realize how the unhealed traumas you've experienced are impacting your life today. The following list of symptoms illustrates how even the smallest trauma can show up years down the road.



DEPRESSION



ANXIETY



ANGER & IRRITABILITY



SUBSTANCE ABUSE



GAMBLING ADDICTION



SEX & LOVE ADDICTION



EATING DISORDERS



COMPULSIVE EXERCISING



SHOPPING ADDICTION



RELATIONSHIP PROBLEMS



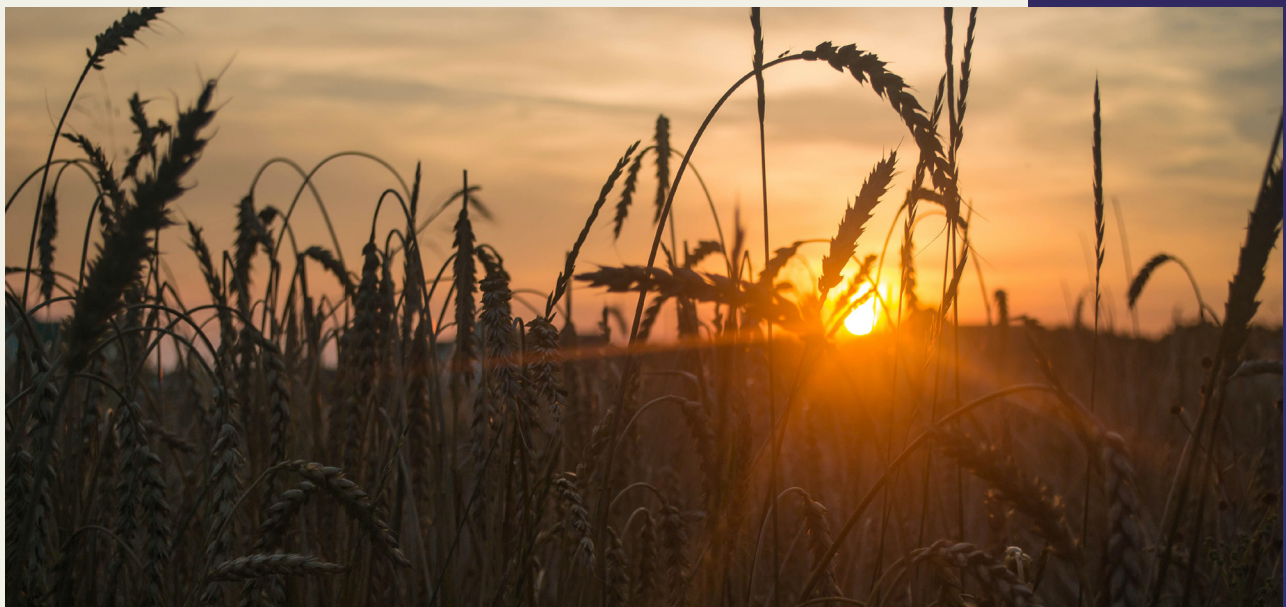
TROUBLE CONCENTRATING



SLEEP ISSUES



UPSET STOMACH & DIGESTION ISSUES





NIGHTMARES



FLASHBACKS



**EMOTIONAL
OUTBURSTS**



**BEING EASILY
STARTLED**



LACK OF SEX DRIVE



**FEELING NUMB OR
DETACHED**



**LACK OF INTEREST
IN ACTIVITIES**



**DIFFICULTY FORMING
FRIENDSHIPS
OR ROMANTIC
RELATIONSHIPS**



**DANGEROUS RISK-
TAKING BEHAVIOR**



INTRUSIVE THOUGHTS



CHRONIC PAIN



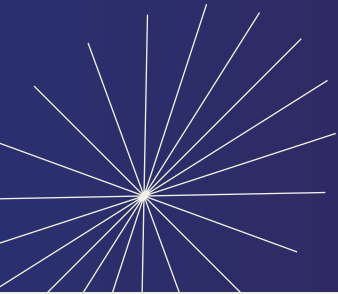
**WEAK IMMUNE
SYSTEM**

Healing from Trauma

If you're experiencing any of these symptoms — or other, unexplained behaviors and feelings — trauma could be at the root of it. Comprehensive professional treatment is the only way to truly heal and break free from the chains of those emotional scars.

Innovative modalities like EMDR (eye movement desensitization and reprocessing therapy), CBT (cognitive behavioral therapy), DBT (dialectical behavior therapy), one-on-one counseling, and process groups can all help you identify your trauma and begin to heal it.

At Country Road Recovery Center, we treat trauma as well as the substance use and mental health issues that so often accompany it. At our peaceful, Tecumseh, OK, campus, you'll find the space, support, and serenity you need to begin the road to recovery. Contact us for more information.



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