

Additional trauma
continues the cycle

TRAUMA

Physical or emotional threat / harm
(Intense fear, helplessness, or loss of control)

IMPACTS THE NERVOUS SYSTEM
FIGHT, FLIGHT or FREEZE

Experiencing trauma may or may not be traumatizing

NOT ABLE TO STABILIZE / SELF-REGULATE

Makes distorted meaning of the event

Significant and continued instability
of physical and mental health

Unstable behavior

Lack of resilience in person, family,
relationships disconnected from
community and spirituality

ABLE TO STABILIZE / SELF REGULATE

Makes positive meaning of the event

Recovery of physical and
mental health

Stabilization of behavior

Resilience in person, family, and
relationships connected to community