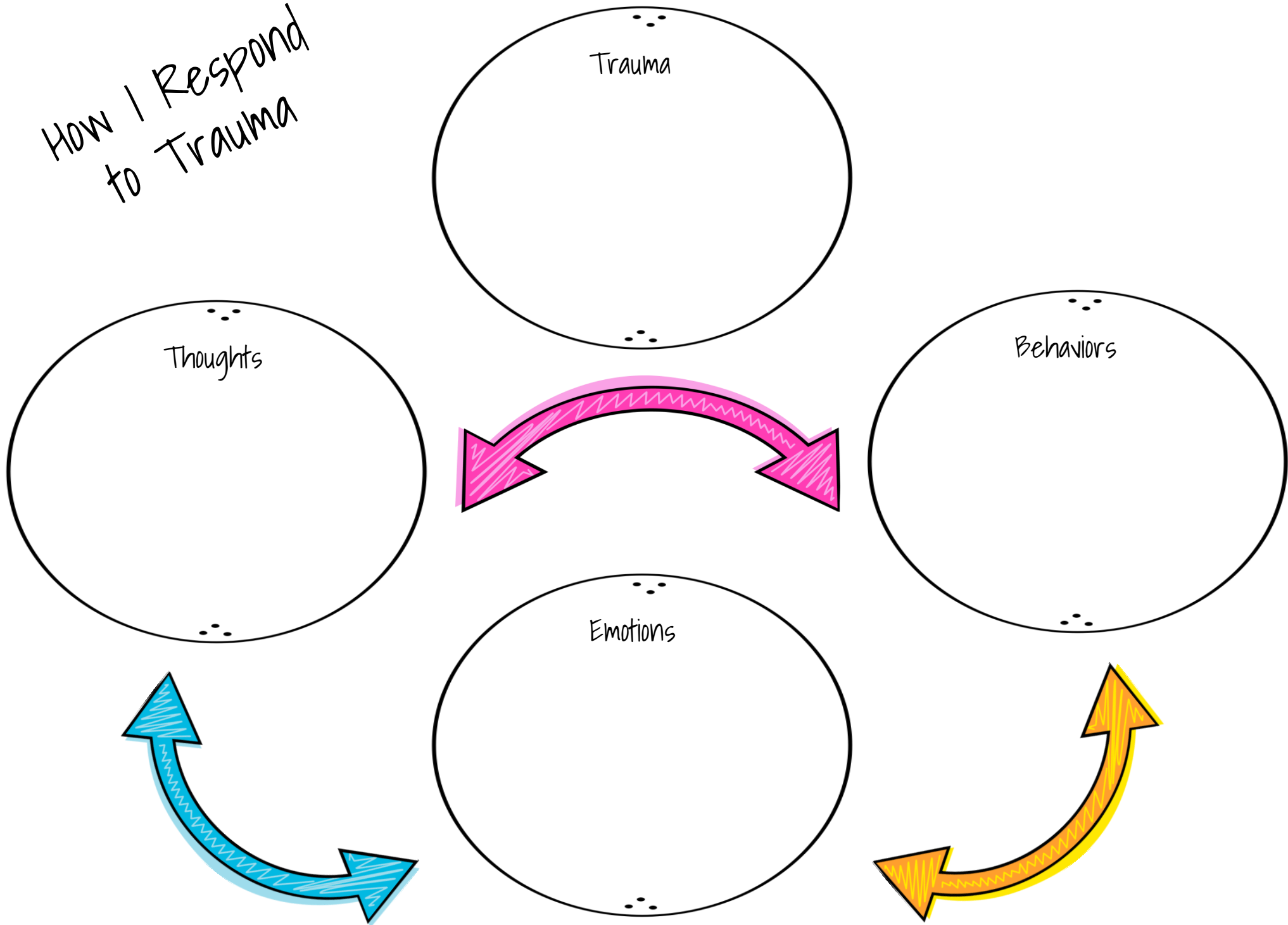


How I Respond to Trauma



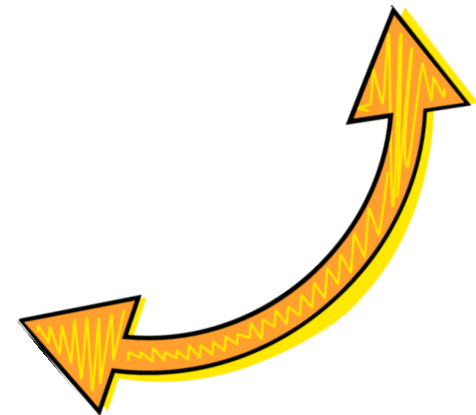
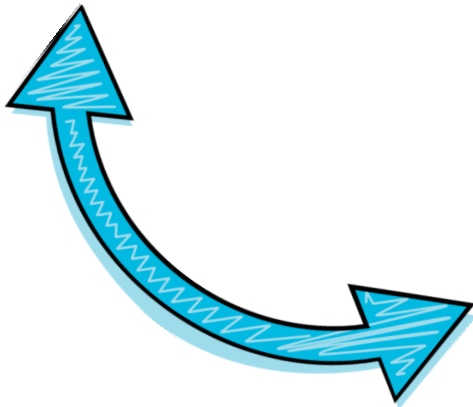
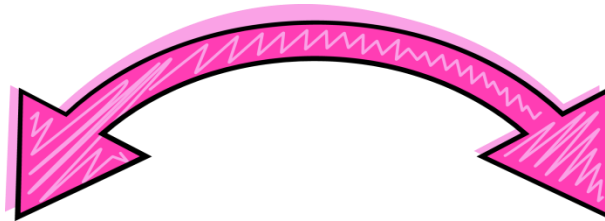
Example

Trauma
Suffered miscarriage

Thoughts
It was my fault
I let my husband down
I'll never get pregnant again

Behaviors
Isolating myself
Lashing out
Crying spells

Emotions
Guilt
Despair
Anger
Shame



Credits



[Kidsrcute Graphics](#)

-Thank you for the circles!



[Morpho Science](#)

-Thank you for the arrows!