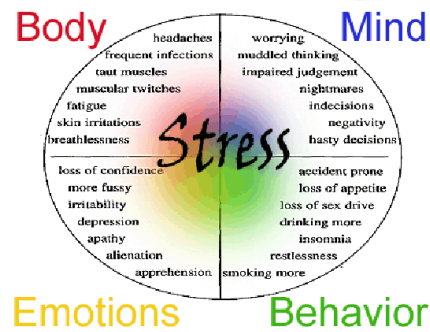


Trauma, Coping Mechanisms and Triggers Explained

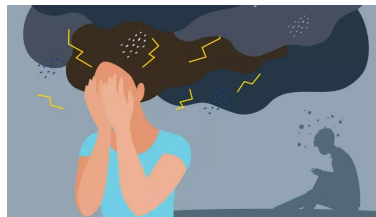


Trauma, coping mechanisms, and triggers are interconnected aspects of how our minds and bodies respond to difficult or overwhelming experiences.

Hypnotherapy can help you process, heal, and move forward from trauma by working directly with the subconscious mind, where traumatic memories and their effects are stored.

Trauma

is a moment in time when something was too much or not enough and it is going to be something specific, it will be a behaviour, character trait, an action or inaction. Someone did something or didn't do something that was too much or not enough, for example, criticism, abandonment, rejection, control, manipulation, abuse, neglect.



Coping Mechanisms

is what you do to protect, overcome and hide the trauma, people pleasing, getting angry, smoking, drinking, overthinking, overworking, fighting,



Triggers

is what reminds you of the trauma, situations, sounds, smells, sensations etc. The trigger activates the coping mechanism.

