

MY TRAUMA BRAIN

How I Think Differently
(About myself, others, the world, my future...)

How I Feel Differently
(What feelings I have most or less now, feelings that are toughest for me to manage ...)

My Amygdala Hijackers
(Triggers like places, people, sounds, feelings, tastes, smells, others' words or behaviors...)

How I Act Differently
(How I treat others, how I handle stressors or worries, things I do more or less now)