

# Reversing the Effects of Trauma: Practical Solutions

*Fact Sheet*

Dysregulation

Prefrontal  
Cortex

Amygdala

Hippocampus

The Triune  
Brain

Brain Stem

Attention

Executive  
Function

## The number one thing you can count on after trauma is:

Identify it: What changes have you noticed in how you think, feel, act and behave?

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## 6 Common ways trauma dysregulates the brain:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

True or false: All brain changes are permanent and irreversible.

True:

False:

You need to increase two things to heal the brain after trauma:

1) \_\_\_\_\_

2) \_\_\_\_\_

5 Ways to support your brain in recovery are:

1) \_\_\_\_\_

Your brain's sole source of energy is \_\_\_\_\_.

You can get that source from \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

2) \_\_\_\_\_

With this method it takes how long to reset your physiology?

2 minutes

5 minutes

10 minutes

The best count is: \_\_\_-\_\_\_-\_\_\_-\_\_\_

3) \_\_\_\_\_

Two parts of this process are:

a)

b)

4) \_\_\_\_\_

This is one of the best ways to learn how to:

Resolve trauma     Process emotion     Relax

5) \_\_\_\_\_

Increased serotonin levels enhance \_\_\_\_\_.

**You need to increase 2 things to change your emotions after trauma:**

1) \_\_\_\_\_

2) \_\_\_\_\_

### 3 Ways to change your emotions are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

### The #1 necessary ingredient in recovery is:

\_\_\_\_\_

Identify it: You know you have \_\_\_\_\_ because \_\_\_\_\_.

Name some moments you felt that way:

\_\_\_\_\_  
\_\_\_\_\_

What choices did you make that got you into that frame of mind?

\_\_\_\_\_  
\_\_\_\_\_

How can you make those same choices in your recovery today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*"You have enormous healing potential; the goal is learning to access it. You can do this. Dig deep. I believe in you!"*

-- Michele Rosenthal