

How Trauma Affects Your Brain: The Science of Survival

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?

| The Triune Brain model identifies 3 parts of your brain:

1) _____

What does it do? _____

2) _____

What does it do? _____

3) _____

What does it do? _____

Trauma affects 4 primary structures of your brain:

1) _____

What does it do? _____

2) _____

What does it do? _____

3) _____

What does it do? _____

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) _____

3 Ways to support your brain in recovery are:

1) _____

2) _____

3) _____

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 _____:

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