

The Science Behind Your Symptoms, Part 2

Fact Sheet

Prefrontal
Cortex

Amygdala

Hippocampus

Fight/Flight/Freeze

Flashbacks

HPA Axis

Hypothalamus

| 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?

| Definitions of stress include:

1) _____

2) _____

3) _____

You are initially traumatized by things that you (check all that apply):

See Hear Taste Touch Smell

Information from the five senses is transmitted up to which lobe of the brain where images are stored like snapshots for later processing? Circle the one that applies:

FRONTAL

POSTERIOR

| The fight/flight/freeze (F/F/F) response is:

| 3 Parts of the brain involved in the F/F/F response are:

1) _____

The role of this part is to manage:

a) _____

b) _____

c) _____

2) _____

The role of this part is to manage:

a) _____

b) _____

c) _____

3) _____

The role of this part is to manage:

a) _____

b) _____

c) _____

| Flashbacks happen because:

1) _____

2) _____

3) _____

3 ways to stop flashbacks 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