

TRAUMA, EMOTIONAL

Synonyms: distress, shock, trouble, perturb, upset

Your resilient spirit has seen you through many ups and downs over the years. With a wonderful ability to bounce back, you have managed to integrate difficult experiences and learn from them.

He really hasn't come to grips with the real trauma dad caused him. Talking about the historical facts is not quite the same as saying the son of a bitch embarrassed me and I felt such and such and I cry at night when I remember it etc.

It is apparent that you suffered through many difficulties in your early life, some of which continue to linger and cause you pain today. When the resulting negative emotions cause enough discomfort, you may want to consider doing some work with a trained counselor.

The feeling of being abandoned strikes terror in your heart because it reminds you of similar experiences that happened long ago. Even though you tell yourself you're all grown up now, you still feel like a lost little child who needed her mother, only to find that she wasn't there for you.

Experience has taught you not to open up and leave yourself vulnerable. As a result, there is a certain toughness, like a shell of protective armor, with which you have surrounded yourself, vowing never to allow 'that' (whatever 'that' may be) to happen to you again.

This writer felt unseen as a child and learned to create a lot of noise, in order to be heard. Even though the attention she generates may be negative, for her it is better than being ignored.

Severe deprivation early in life has left this individual unable to form healthy connections with other people. He simply doesn't know how to make contact on a human level. Oh, he pretends to, going through the motions, but he's really just aping what he sees others doing.

It might be that he has had experience of his powerful feelings getting loose in a negative way and so keeps tight control on a personal level.

You have to vomit out a lot of junk that's caught in your psyche. But if you dump the old garbage once and for all, it's dumped

forever. You will always have garbage, just like in your kitchen. But you take the garbage out every day and the garbage man picks it up once a week and that's it.

Painful experiences and memories have caused you to inhibit your creative and intellectual propensities. In the realm of philosophy and ideas, you may have been ridiculed or taunted and threatened with failure. Can you remember such a time?

Possibly because of an early experience, you have developed a protective attitude, tightly locked against intrusion.

At some time during your life, you found it necessary to withhold the expression of your needs and feelings. While the original impetus to satisfy those needs remains, what the actual needs or feelings are has become blurred because they have been repressed for so long. Hence, you are unaware of what is really driving you at times because of the resulting alienation for your own feelings.

In order to eliminate unwanted thoughts, feelings, and experiences from your memory, you unconsciously keep them under control through repression. Whenever repression occurs, it has the effect of restricting thinking in general, not just the thinking related to the unpleasant experiences which originally initiated the need to repress.