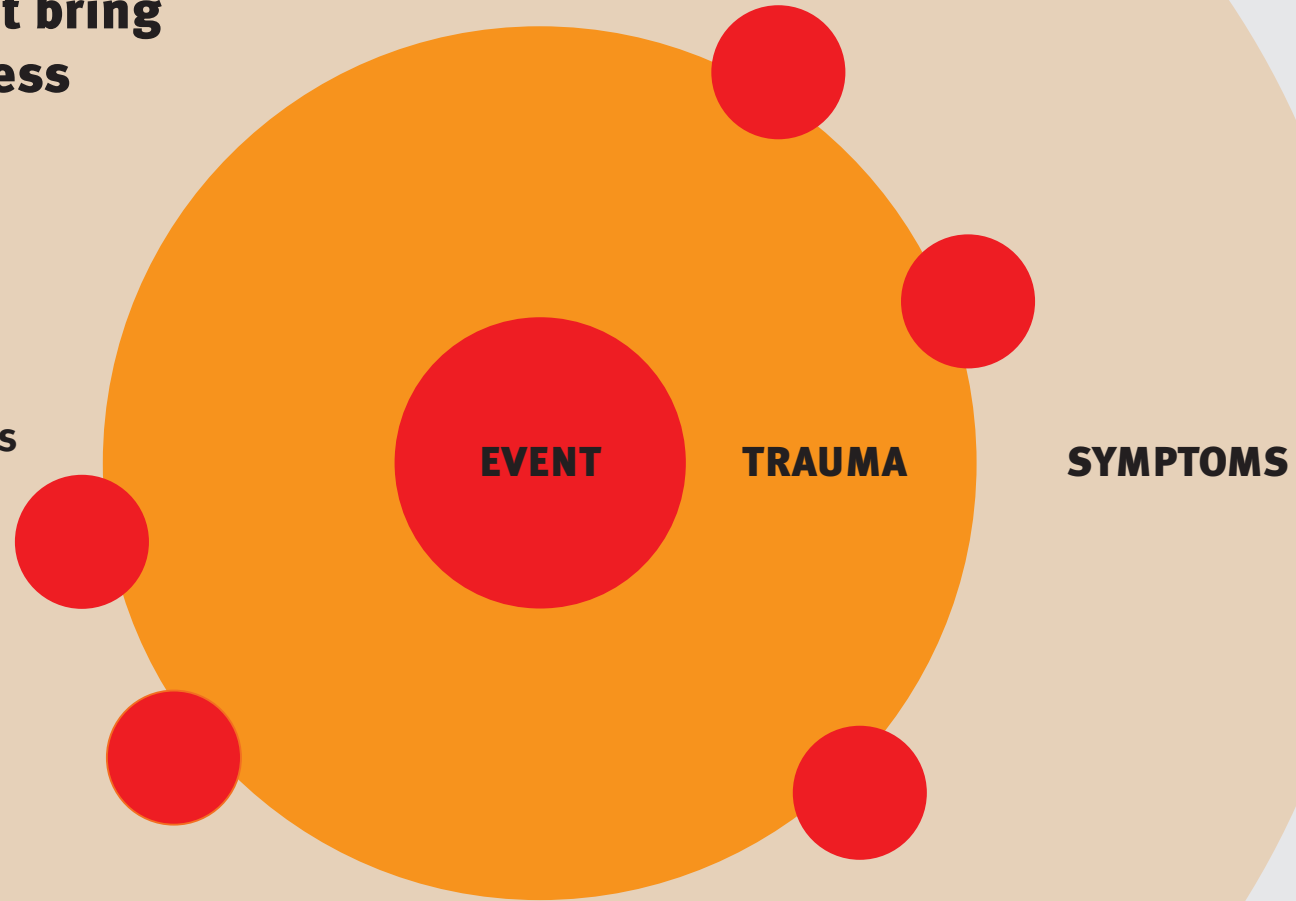


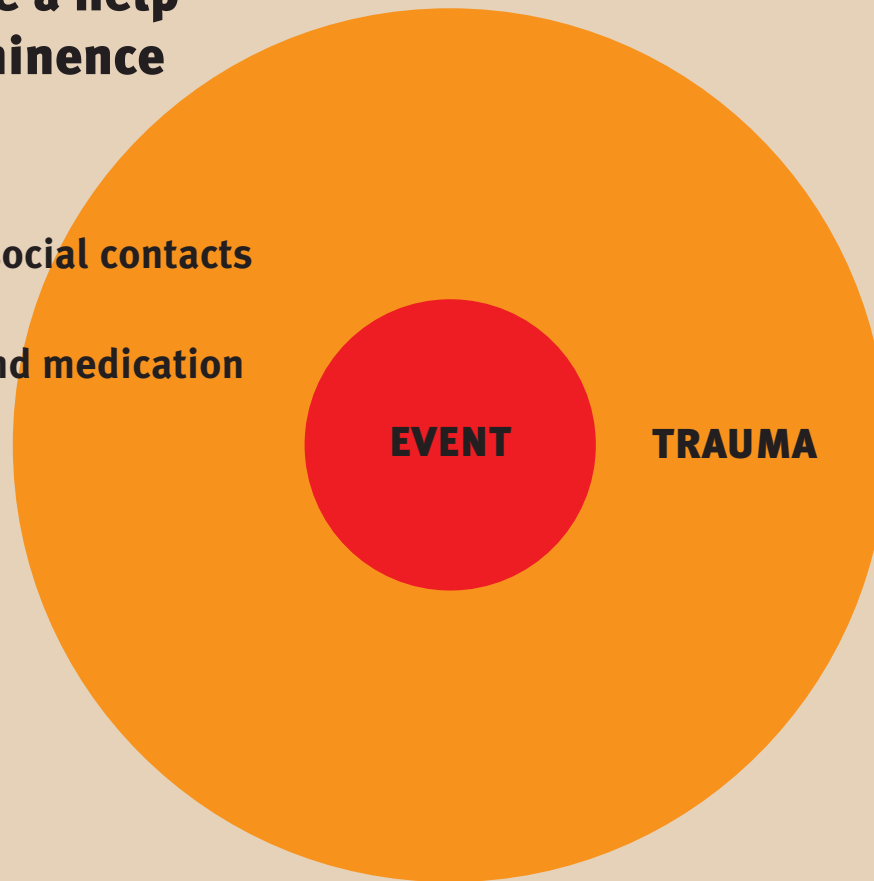
**Symptoms, that bring about a closeness to the trauma**

- Flashbacks
- Nightmares
- Panic attacks
- Depression
- Obsessive memories



## Symptoms, that are a help to evading the imminence of the trauma

- Avoidance of triggers
- Persons withdraw from social contacts
- No emotions
- Help of alcohol, drugs and medication
- Eating disorders
- Dissociative phenomena
- Personality disorders



**SYMPTOMS**

## **Physical symptoms (Physical memories)**

**Ventricular tachycardia, respiratory distress, oppression**

**Unrest, insomnia**

**Increased vigilance**

**Concentration difficulties**

**Conditions of pain**

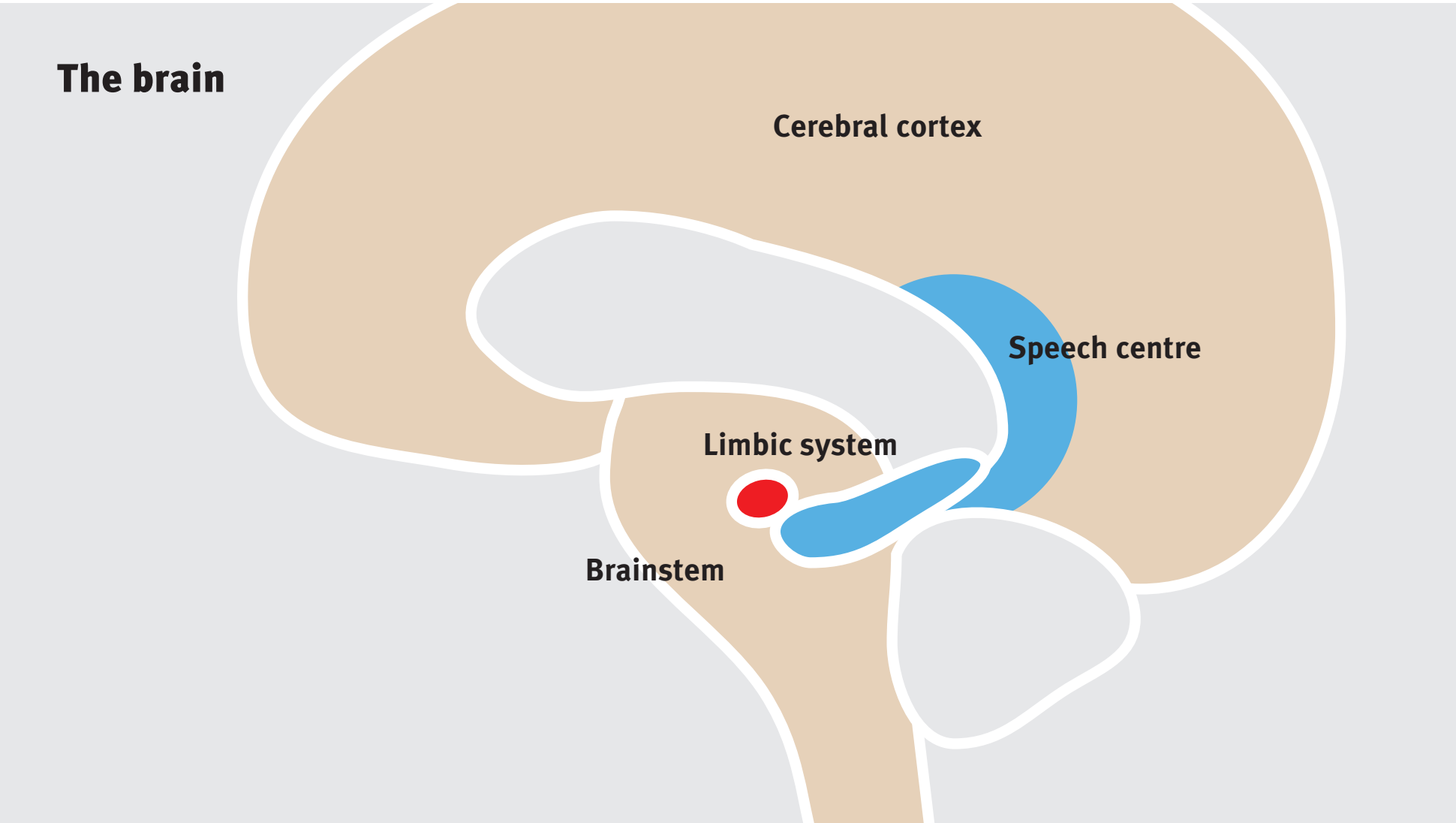
**A feeling of numbness, rigidity**

**Problems with sexuality**

**EVENT**

**TRAUMA**

**SYMPTOMS**



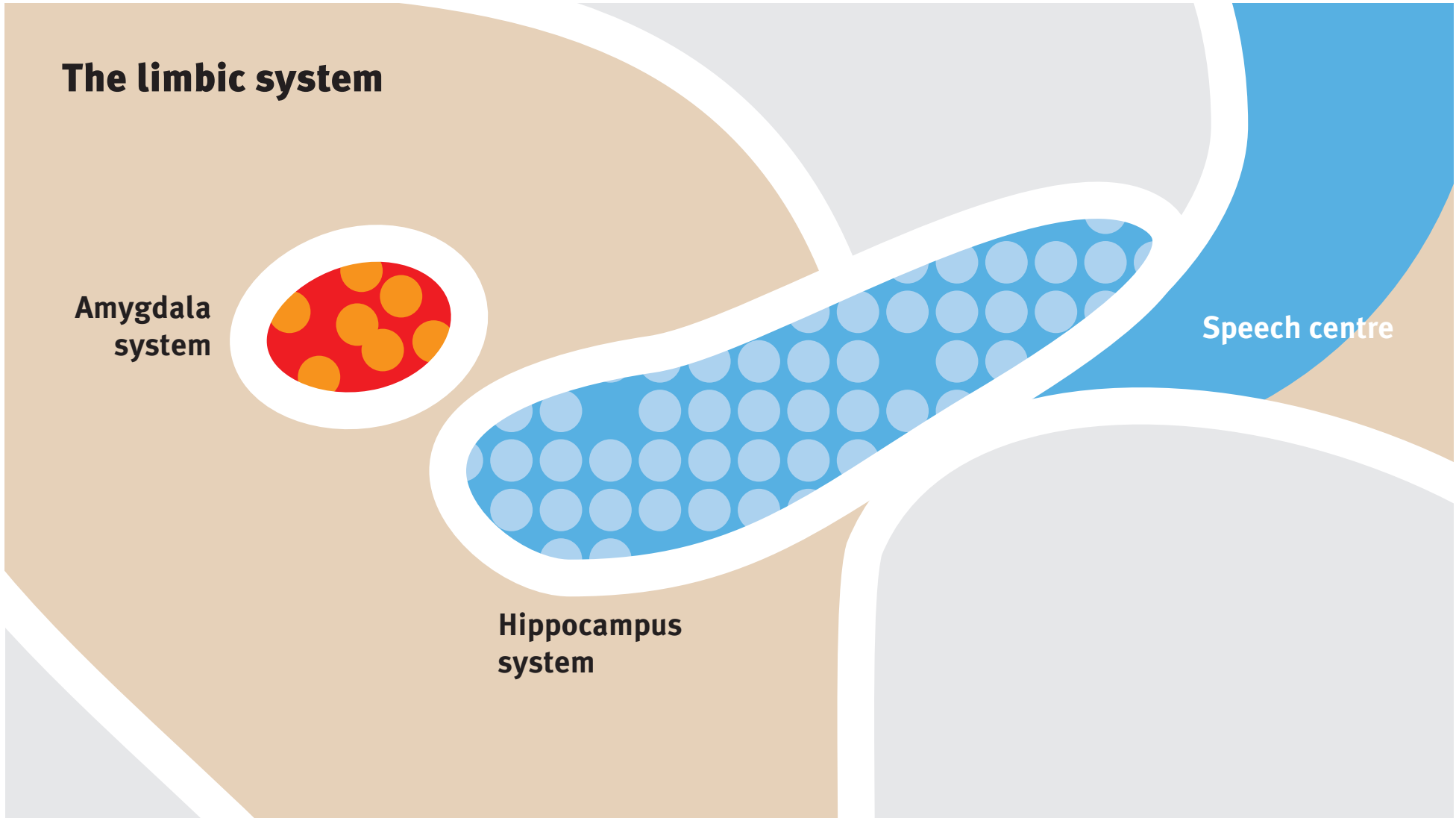
**The brain**

**Cerebral cortex**

**Speech centre**

**Limbic system**

**Brainstem**



# The limbic system

Amygdala system

Speech centre

Hippocampus system