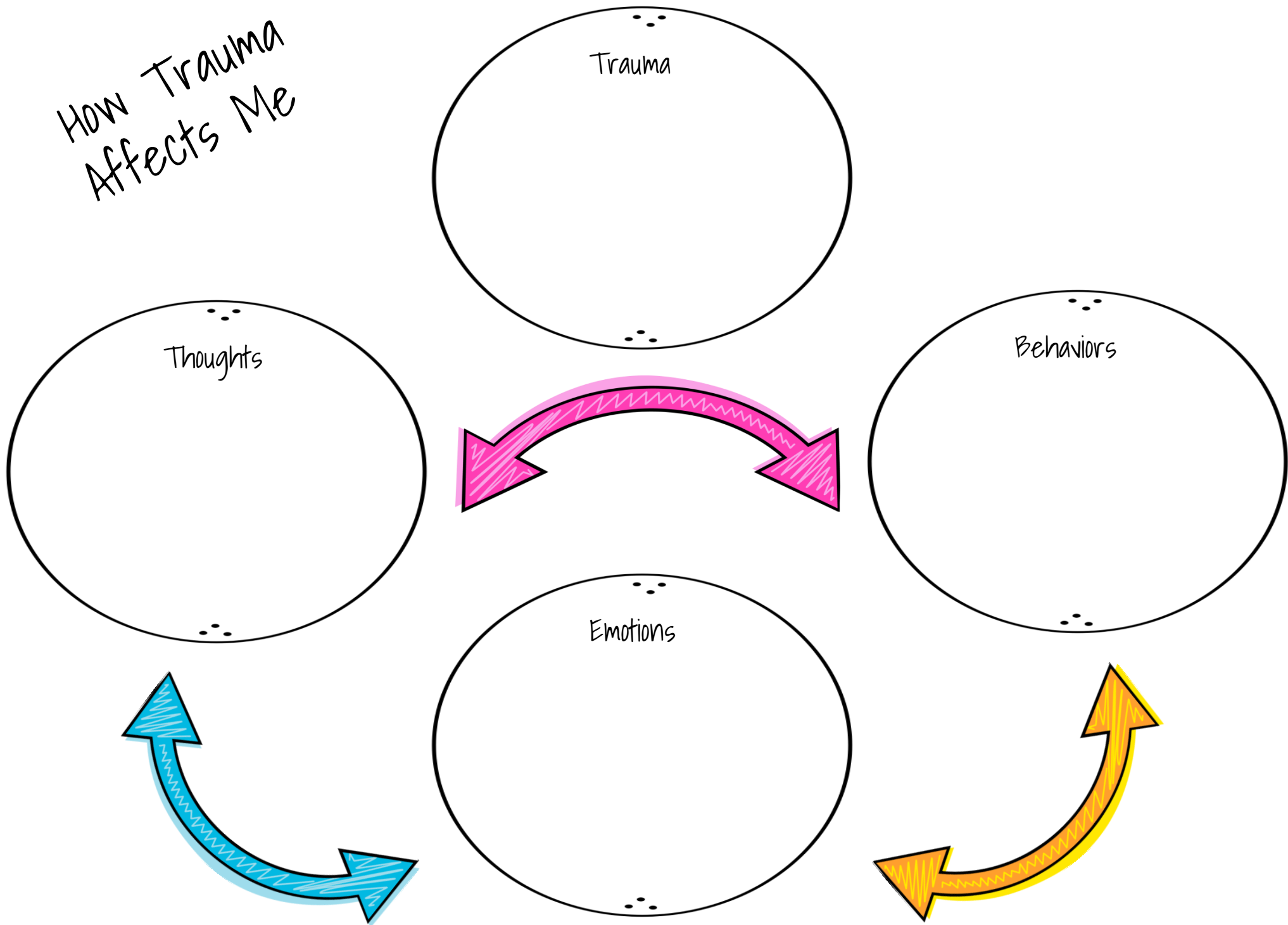


How Trauma Affects Me



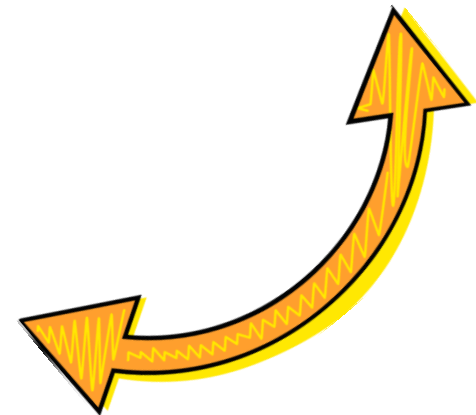
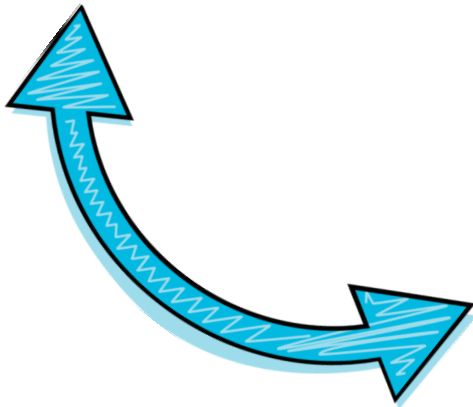
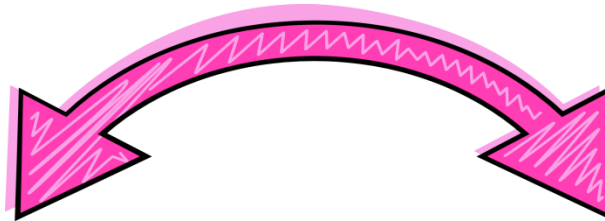
Example

Trauma
Suffered miscarriage

Thoughts
It was my fault
I let my husband down
I'll never get pregnant again

Behaviors
Isolating myself
Lashing out
Crying spells

Emotions
Guilt
Despair
Anger
Shame



Credits



Kidsrcute Graphics

-Thank you for the circles!



Morpho Science

-Thank you for the arrows!