

# Common Reactions To Trauma

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<b>Physical Reactions</b>	<b>Cognitive Reactions</b>	<b>Emotional Reactions</b>	<b>Behavioral Reactions</b>	
Jittery	Changes in the way one thinks about self, other people and the world	Fear, inability to feel safe	Alcohol and/or drug abuse	
Muscle tension		Hyper-vigilance	Sadness, grief, depression	Exaggerated startle response
Upset stomach			Anger, irritability	Change in sexual behavior
Fatigue	Intrusive images	Numbness, lack of feeling	Neglect of health and daily activities	
Teeth grinding	Nightmares	Feeling helpless & hopeless	Avoidance of situations	
Dizziness	Difficulty making decisions	Loss of joy	Isolation from others	
Rapid heart beat	Being reminded of the trauma by simple events	Guilt	Hysterical reactions	
Difficulty sleeping	Self-denigrate	Emptiness	Anger outbursts	
Easily startled	Loss of trust	Blunted and then extreme emotions	Sleep disturbances	
Spacey	Loss of self-esteem	Despair		
Difficulty concentrating	Denial			
Trouble breathing				