

1 Trauma can impact our ability to form and maintain healthy relationships.

Trauma can impact on our emotions and behaviours.

Presenting behaviours seen in children and adults may be caused by one of the following:

2

- Intrusive memories/flashbacks**
- Avoidance**
- Hyperarousal**
- Anxiety**
- Dissociation**

Impact on Cognitive Functioning

Hypervigilance - watching out for danger particularly in new relationships and people in authority. **3**

Thinking style - making negative judgments about self, others, and the future.

Appraisal or risk – struggles to make decisions because stress shuts down thinking capacity.

Impact on Interpersonal Functioning

Problems with boundaries - relationships do not follow safe patterns.

Social Isolation - it is easier to be on our own than risk being with others.

7 **Sexual behaviours** that can cause harms as a substitute for real intimacy.

7 Minute Briefing

The Impact of Trauma on Social and Psychosocial Functioning

Impact on Physiological Functioning **4**

Dysregulation - over or under responding to perceived threats within relationships.

Physically shrinking away when feeling judged or exposed.

Dissociation - feeling that things are not real, out of body experiences, memory issues.

6 Impact on Behaviour

internalising behaviours - self-harm, suicide, drug, and alcohol misuse.

Externalising behaviours - physical and verbal aggressions.

Impulsivity - struggles with delayed gratification and decision making.

Impact on Affective Functioning

Shame - A belief 'I deserve the worst' and wanting to hide away.

5 **Emotional literacy** – Struggling to put into words what the distress is about in the moment.

Anger - Unresolved trauma may lead to struggles with focus and anger and may lash out at people.