How to Support Someone Who Has Experienced Trauma

Predictability

Recalibration

Rid 'over-reacting',

'over-sensitive', or

your vocabulary.

'over'-anything from

Everyone loves surprises! Not. Trauma survivors often prefer predictability because that feels safer.

Attribution

Don't refer to the person's 'upbringing, problem, issues, behavior.' Call it for what it is trauma.

Space

Allow time for the survivor to calm down and take perspective. Trauma survivors often have difficulty regulating emotions and take longer to calm down.

Perspective

Be aware when 'past is intruding into present.' Don't take responsibility for what is not yours... gently.

Reciprocity

Give what you also need to receive: listening, empathy, and empowerment.

Support

Be kind, loving, patient... but empathetically set limits - you have needs too!

Choice

It can be a big trigger when a survivor is denied choice and control. Confer, collaborate, and cooperate.



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