How to Support Someone Who Has Experienced Trauma

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

**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.

**Recalibration**
Rid ‘over-reacting’, ‘over-sensitive’, or ‘over’-anything from your vocabulary.

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

**Attribution**
Don’t refer to the person’s ‘upbringing, problem, issues, behavior.’ Call it for what it is - trauma.

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

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

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