

*How Do I Know if I
Have Unhealed
Trauma?*



Common Trauma Responses

Many confuse trauma with abuse and use the terms interchangeably. While abuse can certainly be traumatic, literally anything can cause a trauma wound.

Trauma happens when the autonomic nervous system, (think flight / flight / freeze), becomes overwhelmed.

The nervous system becomes overwhelmed when you *feel* overwhelmed. When you are emotionally flooded and don't know how to handle what you're feeling.

It those moments, a piece of us becomes frozen in time, even once the rest of us snaps out of it and moves forward.

In this way, we amass unhealed trauma wounds as we navigate even seemingly safe and happy lives, And there are many who do not feel their lives have always been safe and happy, meaning they likely have even more unhealed trauma wounds.

On the following pages, is a list of some of the common aftereffects of trauma. If you find that a few of these are all too familiar, you may be struggling with unhealed trauma wounds of your own.

**This checklist is not a diagnoses. It is meant to be informative to support you in better understanding your experiences.*

Hi there, I'm Amy!



It all began on that fateful day.

While I've been on my healing journey to some degree my entire life, it became a dedicated focus when my mom disowned me.

Then my three dogs died of three different cancers. Crazy abusive stuff happened with family members. My marriage fell apart.

And those are just the highlights. There's actually a whole lot more.

As I Googled infinite versions of 'what's wrong with me' while surrounded by plates of food, in the full throes of an eating disorder, I stumbled my way into the world of trauma.

I have come a long way since then and have healed in ways I could not have fathomed that fateful day.

Now, I am blessed to support health and wellness providers, entrepreneurs, and other free spirits in learning to communicate effectively, become Self-led leaders and grow thriving businesses while navigating trauma recovery and spiritual awakening.

It's time you began living your big dreams!

Common Trauma Responses

Neurobiological

- Long term memory deficit (small hippocampus)
- Impaired executive functioning (underdeveloped pre-frontal cortex)
- Hair trigger threat response (enlarged amygdala)
- Short term memory deficit (pre-frontal cortex)

Biological

- Systemic Inflammation
- Hair trigger immune response
- Autoimmune disorder
- Heart disease
- Diabetes
- Arthritis

- Fibromyalgia
- Chronic Fatigue Syndrome
- Thyroid issues
- Migraines
- Any chronic health symptoms

Emotional

- Learned helplessness
- Distress intolerance
- Emotional literacy
- Low emotional intelligence
- Lack of ability to trust
- Conflict avoidance
- Struggle to seek and trust happiness
- Pervasive shame
- Lack of ability to self-soothe
- Overly submissive

Common Trauma Responses

Relational

- Need to be alone a lot
- Few to no relationships where you feel seen, heard, understood, accepted and supported
- Feel undeserving of a reciprocal relationship
- Fear of conflict
- Black and white thinking; either/or; all/none
- Lack of trust in self or others
- Shares parts of family's unhealthy world view
- Fear of change
- Prefer to stay with the devil you know
- Avoid / minimize connection
- Clingy
- Judge self harshly

- Struggle to identify and meet own needs and wants
- Permeable or lack of boundaries
- Few to no relationships where you feel safe freely expressing

Psychological

- Depression
- Anxiety
- PTSD or C-PTSD
- Diagnosed mental illness
- Addiction
- Use substances to numb out or escape
- Eating disorder or disordered eating
- Use activities to numb out or escape (reading, shopping, gambling, etc.)
- ADD / ADHD

What if I think I have unhealed trauma wounds?

The good news is you are aware and you have lots of options!

I created my 12 week Reconnect Program to help you get started. In this program, I walk you through the precise steps I took to heal my trauma wounds and begin living the life of my dreams.

This program guides you through a journey of self-discovery and healing, teaching you specific skills and how to apply what you learn each week to build the life, relationships, and business your intuition has been calling you to.

*Go from feeling disconnected, lost, and uncertain
to having confidence, clarity, and purpose.*

You will address the common struggle of feeling like something is wrong or missing and be guided through a process of understanding the challenges that have led you to this point.

If you're ready to learn more about how this powerful program can support your journey, book your free [Empowerment Session](#) now.

Or visit [Ascension Wellness](#) for more information.

www.ascensionwellnesslife.com

About Reconnect

Reconnect will support you with:

Understanding Life's Challenges: You'll learn the underlying causes of your feelings of disconnection and dissatisfaction with life.

Deep Healing: The program facilitates addressing past wounds and traumas that may be holding you back from living authentically.

Building Confidence: Through Self-discovery and introspection, you will learn to embrace your true Self and build confidence in who you are.

Creating Meaningful Relationships: By reconnecting with your Self, you are better equipped to cultivate authentic and lasting relationships.

Empowering Personal Growth: The program teaches you how to take ownership of your life.

Clarifying Life Goals: You are guided to listen to your intuition and identify the life, relationships, and business endeavors that align with your authentic Self.

Taking Action: The program encourages you to take decisive action towards creating the life you truly desire, rather than simply surviving, drifting through life or worse, living the life others dictate for you.

Reconnect Program offers a comprehensive journey towards Self – discovery, healing, and empowerment, with the ultimate goal of supporting you in living authentically and to your fullest potential.

Let's Connect!

Questions? Book that free [Empowerment Session](#).

To learn more about creating your big crazy dream life and business while navigating trauma recovery and / or spiritual awakening, follow me on:



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