## How to Support Someone

# Who Has Experienced Trauma

Perspective



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.

### Recalibration

Rid 'over-reacting', 'over-sensitive', or 'over'-anything from your vocabulary

### 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.

### 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.

420 S Echo



# **About Handling Traumatic Experiences**

**M** Lipman

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