

Early childhood neglect • Developmental harm
Generational domestic violence • **RAPE** • Generational alcohol abuse

Familial sexual abuse grooming

Familial torture **HARM** FAMILIAL SEXUAL ABUSE

Illicit photos taken and shared

*Sold for sex as a child (age 5)
by a family member*

Problematic Child Sexual Behavior

(Human Trafficking, CSEC – Commercial Sexual Exploitation of a Child)

ATTACHMENT HARM • *Grooming Culture*

For more info on the lifelong impact of harm:

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

Physical Nightmares, sleep issues • FLASHBACKS • Daymares
Trichotillomania • Hyper-vigilant behavior, startle response
Body and joint pain • Gut health and digestion issues **Energy**
Teeth clenching, grinding • *Frequent migraines* • Hormone imbalance

Emotional HARM IMPACT

Anxiety • Severe depression • Suicidal ideation, suicide attempts

Lived in constant fear • Complex post traumatic stress disorder **Mental**

Spiritual *Legal, culturally approved addictions –
food, work, volunteering, shopping and debt*

PERFECTIONISM
Excelled at school • Obsessive Compulsive Disorder • TRAUMA AMNESIA

Rage and distrust of men **Social** Lack of healthy boundaries
No sense of self or self-worth • Consent was a foreign concept

Financial Disorganized Attachment Style **Familial**

Self value for earning is off • *Bankruptcy* • Rage towards my parents, family
Compulsion to give away my skills and time *Dreams of running away*

Allow another to declare my value • Live paycheck to paycheck • Victim Lens

Acupuncture • THERAPY • Energy Healing Modalities – Reiki
 Prescription medication • Emotional Freedom Technique / Tapping
 Meditation & Guided Meditation • Dances of Universal Peace / song / dance
 VOICE TONING • Body Scan • Suds scale
 Snorkeling • PLAY THERAPY
 Nutrition • Brain Training
 Trauma Yoga / regular yoga • 'Cancel That' practice • Mantras

HEALING

Physical • *Crying, lots of crying – Grief work* • SINGING BOWLS & DIDGERIDOO
 Journaling • Published writing • Writing Classes • Acting Classes

Survivor Conference & Groups • Financial Coaching / Classes
 Peyote & Sweat Ceremonies – Lakota tradition • SELF-DEFENSE

Re-enactment therapy • Equine therapy • Developmental Trauma work
 Breathwork • MASSAGE • Scream & Yell in the car • *Tennis racket on the bed*
 Intentions & Intentional Living • Attachment work • Spiritual Practices
Mental • Spinal Tuning • *Body Memory work* • Punching bag

Throw glass • Inner child and parts work • Letter writing exercises
 SPIRITUAL PRACTICES • Body Memory work • *Hiking* **Spiritual**

Create worksheets: Safe Travel, Trauma Anniversary, Emotional Support

Letter writing exercises • Non-dominant handwriting of emotions

Social • EMDR • *Brain Spotting* • GROUP THERAPY • Camping
 Meaning Making & Purpose • Work & Volunteer in the Movement
 Write books • *Physical Fitness* • Rolfing

Financial Stability • Somatic Money Work
Financial • Grand Canyon whitewater raft trip **Familial**
 Intimate Partnership • Dog ownership

MyVoiceAfter#metoo • *The Other F Word, My Handbook of Forgiveness*

MyBodyAfter#metoo • THE LITTLE BOOK OF HANDWRITTEN HEALING

Self-Advocacy for Healing Worksheets:

free worksheet on www.angelaraeclark.com/traumahelp