

# 7 STAGES OF TRAUMA

*How to be a conqueror*

## Shock



CONNECTABLE LIFE

It's our natural first response and coping mechanism to the disbelief of what is happening. It is especially heightened if the trauma is unexpected.

## Denial

Our mind and body tends to not want to accept or come to terms with the trauma we have faced.

## Anger

After bottling up our feelings because we do not want to acknowledge the trauma initially, our response is anger.

## Frustration

It is common to be frustrated with your involvement in what had happened. It is common to ask yourself, "what would have happened if...".

## Depression

Depression, anxiety, panic attacks, etc... will often set in when you have reached the realisation of the trauma. It is important you allow the time to grieve and process the trauma you have experienced.

## Acceptance

You are not where you should be but you have started to deal with the trauma and loss. You have come to the complete realisation and you are ready to work on a way forward.

## New Beginnings

You have picked up the pieces and processed the situation. Now, it is time to live your life the best way you can. This does not mean the trauma and pain is gone, but instead, you are going to live as happily as you can.