Trauma Related Responses

**Emotions**
- Depression
- Anxiety
- Numbing
- Anger

**Behaviors**
- Reenactment
- Substance Misuse
- Aggression
- Isolation

**Cognitive**
- Self Blame
- Shame
- Dissociation
- Flashbacks

**Physical**
- Somatization
- Insomnia
- Digestive Problems
- Headaches

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