

Impact of Childhood Abuse

Childhood abuse shapes more than just memories.

The effects can be carried through the nervous system, relationships, sense of self and ways of coping.



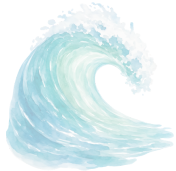
Sense of Self

- Shame
- Self blame
- Feeling 'not enough'

Safety and Nervous System



- Hypervigilance
- Shutdown
- Always expecting danger



Emotions

- Overwhelm
- Numbness
- Difficulty identifying feelings

Relationships

- Difficulty trusting
- Fear of rejection
- People Pleasing



Boundaries and Needs

- Difficulty saying no
- Ignoring own needs
- Over responsibility



Coping & Survival

- Avoidance
- Control
- Dissociation
- Masking distress



Remember....

These responses are usually developed as ways to survive.
They are not signs that there is something wrong with the person.

