



the GATEWAYS of TRAUMA

Place a check mark beside any of these six gateways that you experience currently or have experienced in the past. Circle any symptoms that you have struggled with.

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1. CRITICAL INCIDENT STRESS

Negative psychological reactions to sudden, unexpected events in which you feel you could experience bodily harm or death.

Symptoms include:

- *Sleep disturbances, insomnia, nightmares*
- *Flashbacks or panic attacks*
- *Fixation on the traumatic incident*
- *Self-isolation, avoidance, anxiety in crowds*
- *Substance abuse to "numb" the feelings*
- *Strong feelings of anger, fear, guilt, horror*
- *Diminished interest in previously enjoyed activities*
- *Hypervigilant, easily startled, irritable, reckless*
- *Suicidal or homicidal thoughts*

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2. TRAUMATIC BRAIN INJURY

The result of a sudden, violent blow to the head or being in close proximity to an explosion.

Symptoms include:

- *Headaches, nausea, dizziness, vertigo, ringing in the ears, seizures*
- *Sensitivity to light, touch, sound*
- *Losing sense of taste or smell*
- *Difficulty reading or speaking, slowed motor skills*
- *Lack of forethought, often getting lost*
- *Obsessive-compulsive or inflexible behavior*



3. MORAL INJURY

The result of an experience that violates your deeply held beliefs and values.

Symptoms include:

- *Loss of meaning, sense of worthlessness, negative self-image*
- *Abandonment of previously held moral values or religious practices*
- *Feelings of guilt, shame, distrust of authority*
- *Emotional distance from friends and family, withdrawal from communication*
- *Self-sabotage, self-harm*



4. CUMULATIVE STRESS

A negative psychological reaction to continued stress-producing incidents over an extended period of time.

Symptoms are the same as 1. *Critical Incident Stress*.



5. DERIVATIVE STRESS

Strong, long-lasting emotional reactions originating from trauma that happened to another person. Three types of derivative stress include *secondary traumatic stress*, *burnout*, and *compassion fatigue*.

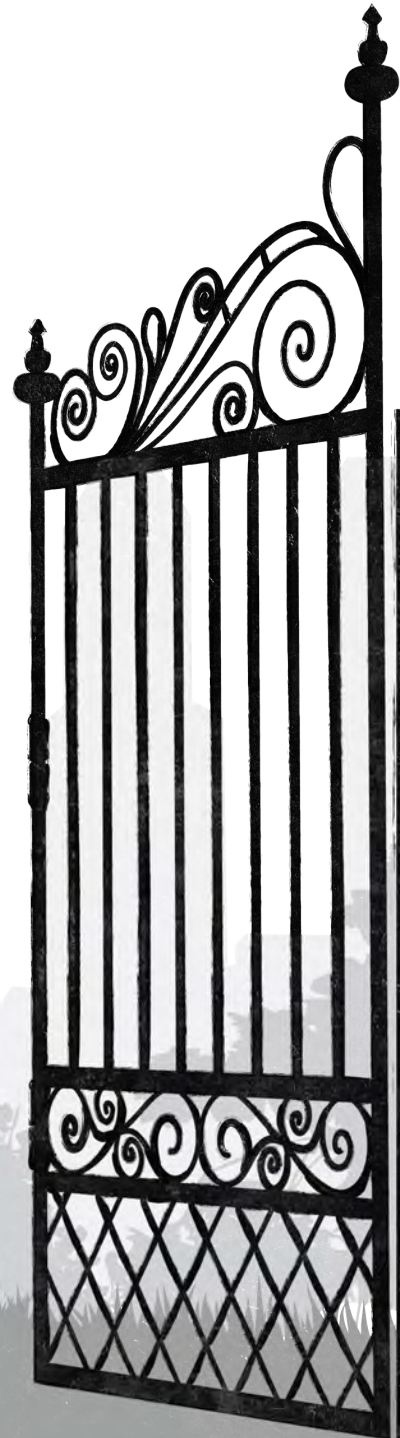
Symptoms are the same as 1. *Critical Incident Stress*.



6. CHILDHOOD TRAUMA

Present-day events may trigger strong feelings that actually belong to an incident in the past.

Symptoms are the same as 1. *Critical Incident Stress*.





THIS WEEK'S CHALLENGE

the STRUGGLE *I'm facing*

Review the symptoms you circled on the previous two pages. In the blanks below, write down the four to six symptoms which concern you the most. We'll refer to this list in future weeks.

