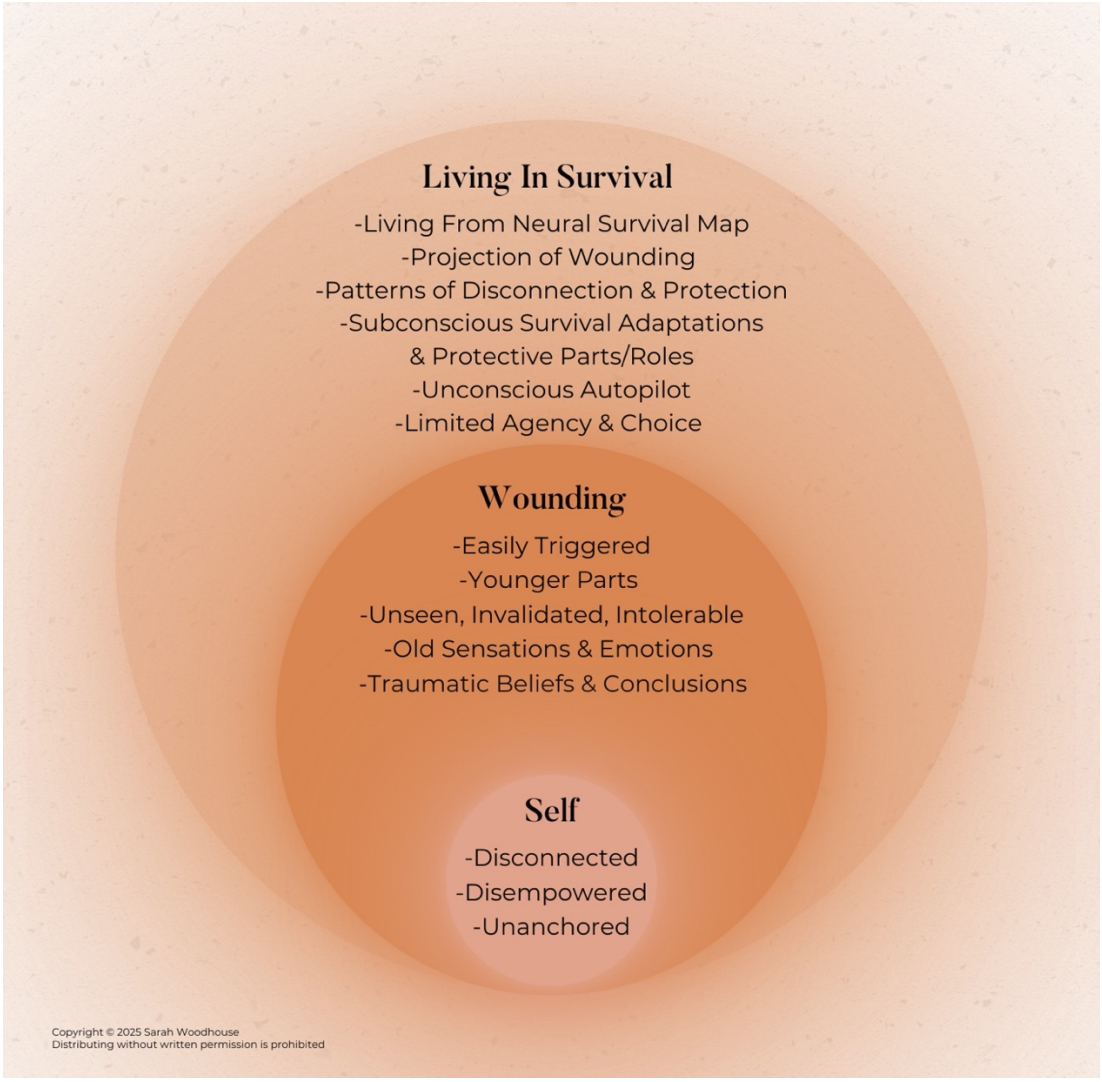

Childhood trauma: The wounding and a life in survival mode

The wounding is the imprint of our traumatic experiences on our bodies, minds and belief systems. It's both the imprint of the threat and the distress it causes. When our nervous system is reminded of this wounding it automatically moves us into hardwired survival adaptations. These disconnect us from our true self in the present moment.

This diagram is taken from my new book – *The Power of Self-Healing: Take Action Over Your Trauma*. More information about this diagram and my approach to trauma healing is included in the book, which you can buy through my website at https://sarahwoodhouse.com/book/ Or you can book a session with me and my team through my website https://sarahwoodhouse.com.

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