

Symptoms of Trauma

There are many symptoms of trauma that are often misattributed to a person's personality, character, moral failing, or even mental illness.

Symptoms of trauma fall into two categories: Those that seem "good" and "positive" and those that are seen as "problematic" and "negative."

The "positive" symptoms:

- A desire to please others
- Great concern for what others are thinking
- Obsessively seeking self-improvement
- Wanting to do well (accompanied by an aversion to making mistakes)
- Ability to fall asleep any time, any where
- A keen awareness of others' tone and body language
- Ability to deeply feel others' feelings (empathy)
- Observation skills (aka hyperawareness of the environment and a watchfulness of others)
- Strong aversion to conflict (known for "keeping the peace")

The "negative" symptoms

- Distrust of others
- Negative over-reactions to seemingly small things
- Inability to sleep
- Anxiety
- Depression
- Shutting down
- Hiding (either physically or emotionally)
- Acting tough
- Bullying
- Anger/rage
- Grasping for control of anything through any means possible (stealing to get what they aren't given, cutting to release feelings of tension/anger, alcohol or drug use)

While people may be praised for the “positive” symptoms by those who are unaware of the root of those qualities, the effect that those symptoms have on those who suffer from them eventually becomes unbearable: Dissatisfaction, emptiness, resentment, depression, anxiety, and overwhelm.

People who suffer from the “positive” symptoms need boundaries and an understanding of what love really is so that they can set themselves and others free.

Those who suffer from the negative symptoms often find themselves fighting the negative consequences of their symptoms: Strained relationships, stigmatization, low self-esteem, a sense of hopelessness, lots of conflict, and even legal trouble.

These consequences can make it that much harder to get the right help that is needed to heal from their trauma.

But there is hope for those who have experienced trauma and recognize these symptoms in themselves. The key to healing is discovering how to guide yourself through the feelings and questions that result from trauma in order to find comfort and internal peace. And I've created a guide to help you do that.

[Get the Guide To Healing](#)