

- Anxiety is a thin stream of fear trickling through the mind. If encouraged it cuts a channel into which all other thoughts are drained

- Implicit, unconscious memories, created in dysfunctional situations years before, can repeatedly lead us to re-create unsuccessful but familiar patterns of thought .

Our focus as children on our short term survival has superseded attention to all long term maintenance. Akin to burning the furniture to survive a freezing winter.

- To the childtraumas are not experienced as events in life but as life defining.



It is less painful to remember something happening , even if it is terrible , than to remember nothing happening when you needed someone to be with you

Before I entered kindergarten, my mother came to hate my father. His cracking open of a nightly beer provoked her to episodes. She'd unleash the contents of our refrigerator on our kitchen floor. Coffee grinds, milk, and eggs pooled on the tiles as my sister and I huddled together, sobbing.

Words by Anonymous | Illustration by Fatih Zubi

- It is rare to find a child who is able to be still and centered and feel safe in the presence of chaotic adults.
(Winnecotte 1962)

- Unfortunately evolution has not seen fit to invest much neural circuitry into self awareness.

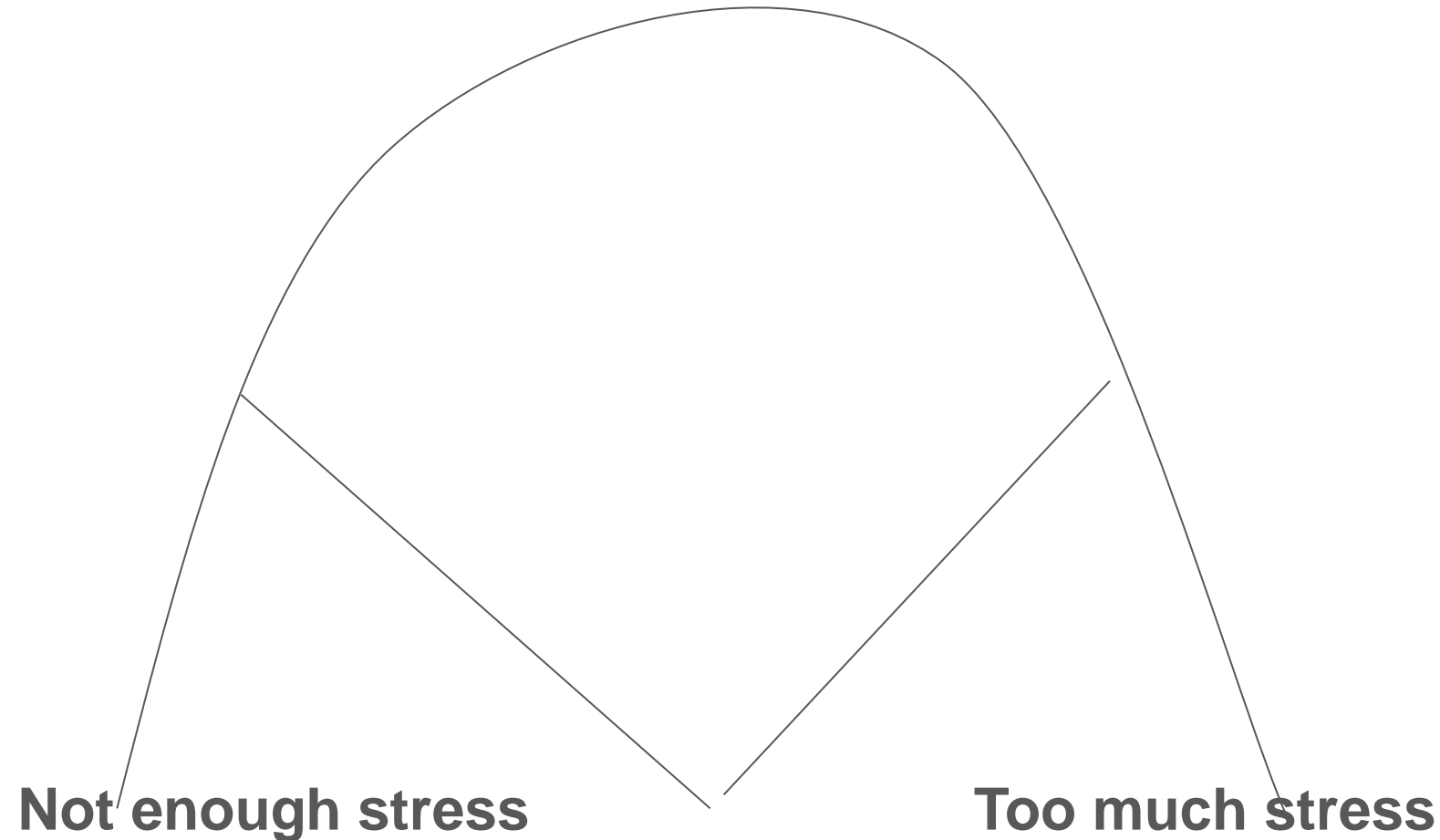
- We think we live with free will, actually the truth is we live about 500 milliseconds after the moment, allowing plenty of time for our past learning to predict what will happen with absolute certainty.

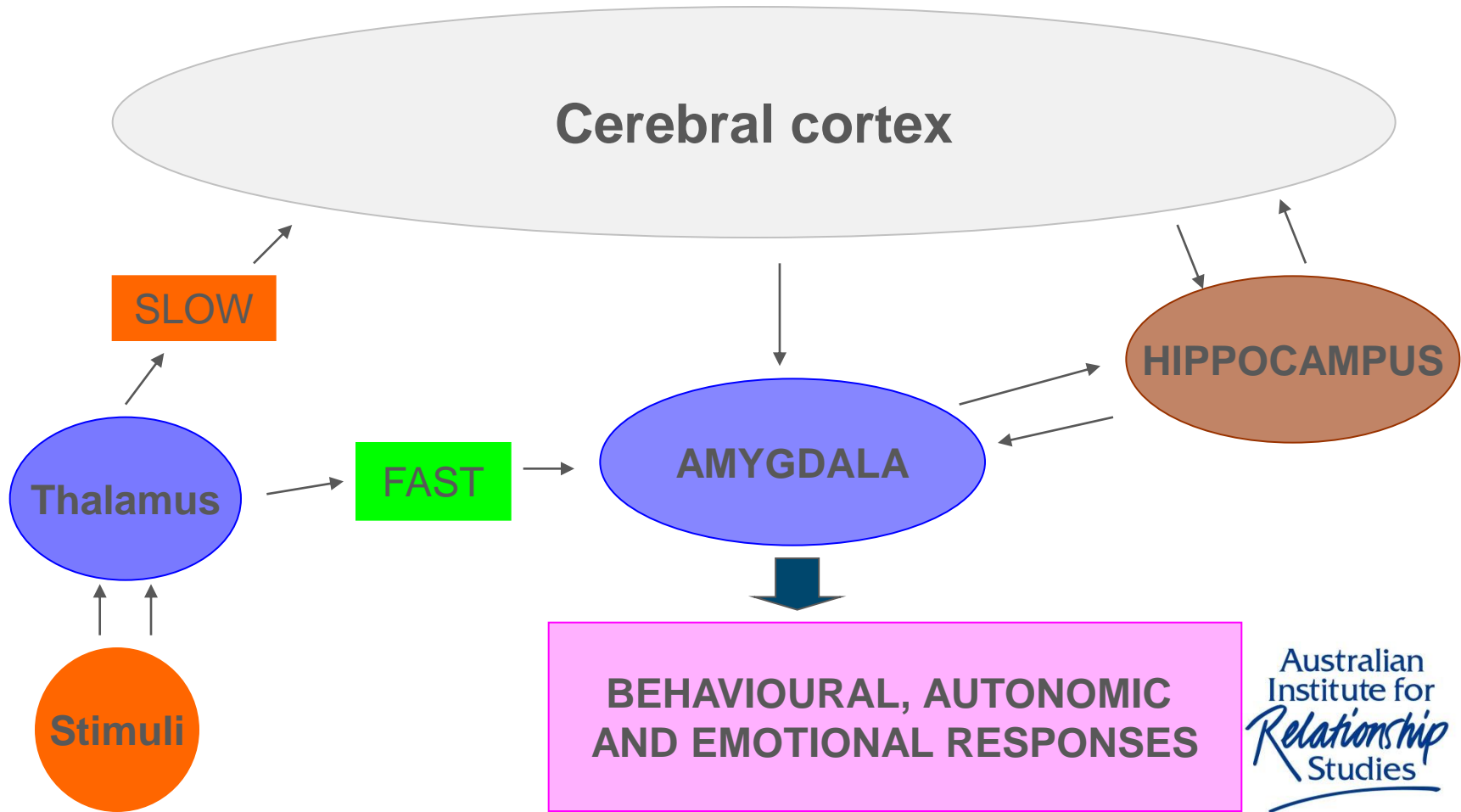
- Righteous indignation has obvious survival advantages. The downside of this strategy is when we become so sure of our personal beliefs that we are unable to consider alternatives

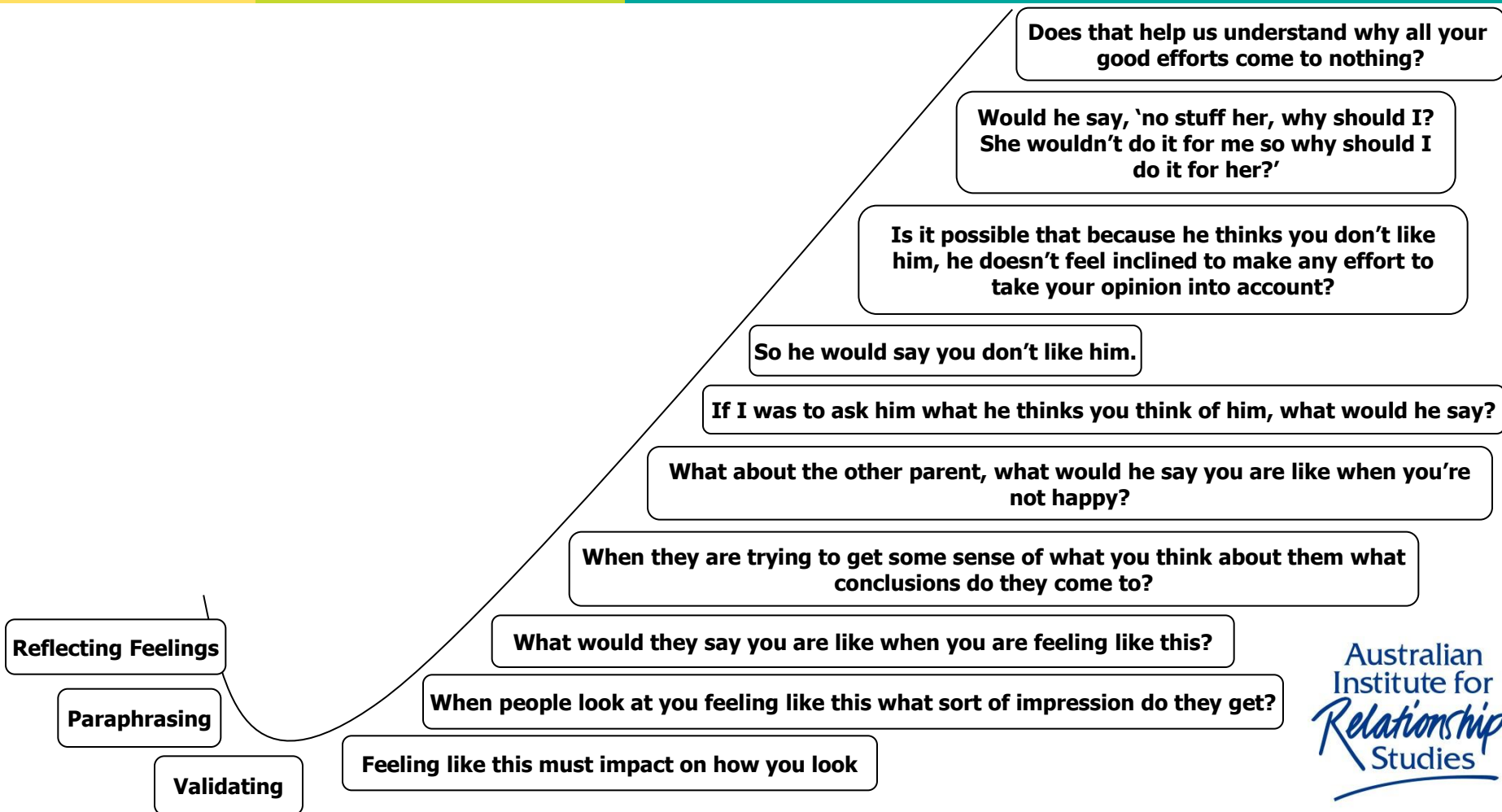
With a history of trauma your system moves from open possibility to probability and then to activation in fast succession

- The Social brain (given the opportunity) is always happy to help to resolve a distressing relational situation, willingly providing data for insight and reflection.

- It is important to understand that the brain altered in destructive ways by neglect and trauma can also be altered in reparative, healing ways.







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