Things That Impact Having Problems or Getting Better

★ Type of trauma experience: The more serious and/or violent the trauma, the more problems you may have.

★ If you thought your life was threatened, you may experience more problems.

★ Feelings of loss.

★ Blaming yourself for what happened or feeling ashamed because of what happened to you.

★ Other trauma experiences.

★ Trouble handling problems in the past.

★ Other problem life experiences (parent’s divorce, drugs or alcohol in the family).

★ Support from family and/or friends. The more support, the better.