

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.