Trauma

is expressed through behaviours not language can mask fear or shame

Stress responses

are known as 'fight', 'flight', 'freeze' and 'fawn' can resemble anti-social behaviours

Negative language

blames children for their trauma is internalised by children and leads to negative labels

What might be happening What might be happening **Preferable Preferable** in the moment in the moment language language **Negatively** Fearing change or transitions ✓ Afraid ✓ Distressed charged Urge to push bad feelings away Fearing separation ✓ Anxious ✓ Afraid Testing strength of connection language from caregiver √ Shutdown Disrespectful Defiant and ✓ Frustrated Seeking belonging with peers Attempting to establish ✓ Seeking control ✓ Testing Sense of shame and rude predictability ignorant relationship ✓ Testing Sense of danger Trying to predict adult relationship behaviours Feeling unworthy May be using early of connection survival patterns that previously kept them Avoiding a feeling of shame ✓ Distressed safe Imitating early adult Feeling anxiety ✓ Ashamed in the situation role models **Manipulative** Disruptive ✓ Seeking safety √ Lacking Difficulty articulating Attempting to regain confidence ✓ Resourceful mastery over a situation feelings ✓ Afraid ✓ Self-soothing Attempting to Attempting to keep ✓ Anxious adults distanced compensate for poor √ Unhappy social or learning skills Seeking power when they feel endangered Aggressive ■ Feeling unworthy of Feeling unworthy Risk taking and love and attachment or unvalued √ Seeking belonging Feeling stuck in Trying to reduce distress oppositional ✓ Distressed rigidity or chaos ✓ Afraid May be self-regulating √ Afraid Divided loyalty and in the form of self-harm √ Fear of Ioneliness ✓ Over-stimulated fear of betraval or risk to others ✓ Self-protection Attempting to create a Seeking power, approval ✓ Limit testing distraction or to protect themselves or affirmation of strength



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What might be happening What might be happening **Preferable Preferable** in the moment in the moment language language Past patterns of **Negatively** self-reliance due to neglect ✓ Afraid Feeling powerless √ Seeking Collecting items for charged connection self-preservation √ Fantasising Avoiding a difficult truth language ✓ Seeking Liar and Wanting to impress peers ✓ Seeking nurture Re-interpreting reality belonging to alleviate shame Steals Needing to feel ✓ Confused dishonest reassured they exist ✓ Seeking control Avoiding getting in √ Seeking trouble if that equates Seeking a sense of √ Hungry acceptance to physical harm control in environment Fearful of connecting or losing a connection Inability to trust due to past betrayal so push adults away Feeling scared for themselves or May avoid relationships ✓ Self-protective ✓ Dysregulated someone they love Needing to create ✓ Afraid **Absconding** Sabotages ✓ Overwhelmed Needing to move predictability ✓ Overwhelmed body to help regulate ✓ Afraid Needing to create √ Disappointed sensory overload power and control ✓ Misunderstood ✓ Masking Mav mask a lack of skills for the task Appeasing may be a learnt strategy to keep adults happy Early neglect may create and avoid being hurt need to control a situation Feeling excluded, or accumulate resources ✓ Afraid Shut down Sneaky ✓ Afraid unworthy or unloved Afraid of pain, threats ✓ Creating ✓ Sadness Shutting out traumatic or being misunderstood predictabi<u>lity</u> ✓ Disconnection memories or thoughts Being small or unseen may have ✓ Seeking belonging May indicate cognitive been an early survival strategy ✓ Overwhelmed ✓ Seeking control processes are too hard to sustain Unwilling to appear vulnerable √ Seeking reward ✓ Seeking Fear of expressing emotions Wanting to hurt someone they do not trust connection



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What might be happening What might be happening **Preferable Preferable** in the moment in the moment language language May have blocked trust Unmet need for from past experiences **Negatively** connection or safety Afraid adults will not meet ✓ Seeking charged ✓ Fearful their needs Needing to feel loved closeness of change language and nurtured Trying to avoid being seen √ Seeking **Attention** √ Afraid as disloval to parents Needing to feel seen, Ungrateful connection ✓ Overwhelmed Seeking heard and valued Afraid to show gratitude ✓ Anxious ✓ Distressed as a weakness Fearing disconnection ✓ Afraid in social and peer Scared of attachment relationships to caregiver Scared of not getting their needs met May have needed to be ✓ Afraid ✓ Seeking the caregiver in the past ■ Fear of being alone nurture √ Organised or disapproved of Fear of adults ✓ Afraid or of connection ✓ Seeking Needing to be rewarded Controlling **Narcissistic** familiarity or praised as the best ✓ Competitive Creating predictability √ Seeking √ Seeking May lack empathy Struggling with novelty predictability modelling or ability to connection and spontaneity express empathy √ Seeking ✓ Inappropriate Attempting to seek power boundaries May lack ability to self humour over their circumstances soothe Unable to understand Inappropriate ✓ Afraid social cues **Intimidating** ✓ Creating Re-enacting patterns humour Feeling that people predictability of relying on self for safety will not like them ✓ Overcompensating √ Self-protective Lacking interpersonal skills Disconnection or ✓ Need to 'act' a part or needing to test the disassociation from painful ✓ Testing ✓ Seeking belonging relationship memories/thoughts relationship May have missed chance to mirror



✓ Seeking

power

emotions with a safe adult

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Preferable What might be happening What might be happening **Preferable** in the moment in the moment language language **Negatively** Needing adults to help them regulate their emotions charged ✓ Overwhelmed ✓ Distressed Sensory overload may Needing to disassociate ✓ Seeking soothing ✓ Seeking nurture language make processing hard from memories, thoughts Fidgeting or Overreacts or ✓ Seeking nurture ✓ Seeking ■ Feeling unsafe with and triggers connection ✓ Anxious unsettled exaggerates someone they see as Bodily reaction to a state ✓ Overwhelmed a bully √ Discomfort of dysregulation Needing to know May be a dissociative state where adults are Fear of abandonment May be hypo-arousal in the context of or being forgotten Forgetful or ✓ Afraid a trauma trigger ✓ Overwhelmed Clingy Feeling unworthy of √ Seeking nurture disorganised love or of being inferior Response to √ Scared ✓ Seeking inappropriate √ Stressed Attempting to maintain reassurance expectations of relationship with adults or older children primary adult Early failure of May have experienced nurture leading early loss of nurture to body dissociation **Failure** and attachment Baby talk Bedtime may have ✓ Overwhelmed May believe they need of routines been unsafe in the past ✓ Seeking nurture ✓ Afraid to be cute to be loveable Fear of abandonment ✓ Sensory overwhelm May be regressing to ✓ Seeking or lack of care connection an age before they ✓ Seeking connection Inability to feel full experienced abuse ✓ Afraid of ✓ Hungry because of not being fed May not know appropriate abandonment ✓ Overstimulated Difficulty regulating fatigue/hunger systems ways to connect with others

