

The 3-Step Freedom Guide

Scale Your Trauma. Strength Your Resolve. Summit to Triumph.



Reset

Signs of Trauma Triggers

- Elevated heart rate
- Increase perspiration
- Racing thoughts
- Hyperventilation
- Increase anxiety
- Unexplained fear
- Fogginess

Realign

Signs of Distorted Beliefs

- Negative self-talk
- Catastrophic thinking
- Pessimistic preoccupation
- No solution
- Morbid outlook
- Cognitive dissonance
- Distrusting
- Destructive

Reconcile

Signs of Renewal

- Internal peace
- Other-centered
- Compassionate
- Enhanced self-worth
- Passionate
- Resilient
- Positive
- Solution focused

Adverse Childhood Experiences

- Physical Abuse,
- Sexual Abuse
- Emotional Abuse,
- Neglect Witnessing
- Domestic Violence
- Depression/Mental Illness in Home
- Incarcerated Family Member Substance Abuse in Home
- Loss of a Parent
- Critical & Sensitive Developmental Period
- Genetics - Experience triggers gene

Hard-wired Biological Adaption

- Chronic Disease
- Impaired Cognition
- Work/School
- Drugs/Alcohol
- Risky Sex
- Crime
- Poverty
- Trans-generational trauma

