

How Your Brain Remembers the Trauma

Write in what each part of your brain remembers. **There is no need to write in all the details.** Just a few words or sentences is fine—such as “I remember what happened” or “I don’t remember my childhood” or “I can talk about it without any feelings” or “I only have overwhelming feelings and reactions.”

How much does your thinking brain recall of what happened?

Whole events or just fragments?

How much does your emotional brain remember?

Do you suddenly feel emotions that do not make sense coming out of nowhere?

Feel sick to your stomach?

Or angry or afraid?

You might remember a lot with your feelings and your body.

How much does your reptilian brain remember?

Do you startle easily? Pull away from people? Brace for no reason? Go numb? Does your heart race?