

The Myth of Normal- Trauma, Illness & Healing

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Chapter 1 – The Last Place You Want to Be: Facets of Trauma

(Teaching chapter 1- created by Caroline Coughlin Lampereur- 2023)

	6 Facets of trauma	Questions to check in with oneself... Compassionate Inquiry	Reflections on questions from the left
1	Trauma separates us from our bodies.	What are the ways I come back into my body?	
2	Trauma splits us off from gut feelings.	What are my ways of feeling my feelings? How do I attune to my feelings?	
3	Trauma limits our response flexibility.	What are my ways of being flexible in my responses?	
4	Trauma fosters a shame-based view of ourselves.	How do I stay in my integrity and values?	
5	Trauma distorts our view of the world.	How do I embrace a wholehearted, hope-filled world view?	
6	Trauma alienates us from the present.	How do I connect or reconnect to the present moment?	