

The Trauma Exposure Response (TER) Cycle

The Trauma Exposure Response (TER) Cycle (see image on back) is an invitation to explore the possibility of unintended and unexpected consequences of trauma. Whether you personally identify with many of the warning signs, a few of none at all, that is more than OK.

Each spoke of the wheel references 16 common warning signs of trauma exposure when triggered or when experiencing overwhelm.

It is perfectly natural to have a response to trauma exposure, whether that's historical, witnessed and vicarious, or recent and acute. Even if we don't have a TER, awareness can bring insight and compassion to our work, to others we are in relationship with, and other areas of our lives.

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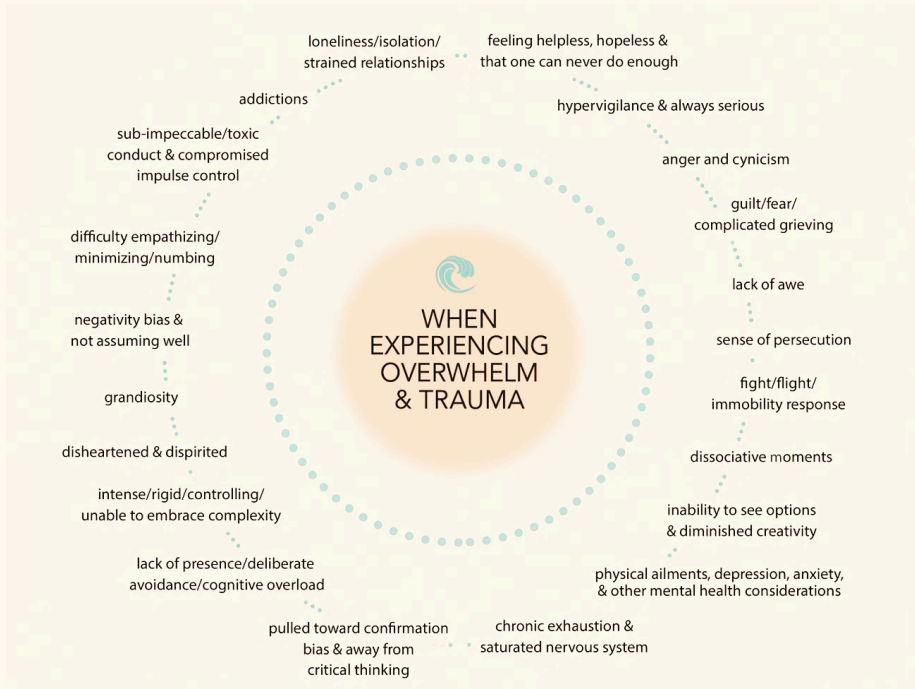
REFLECTION Q'S

We are often rewarded when we suppress and displace our feelings that come up in response to burnout, trauma reactivity, and stress.

- What thoughts, experiences or memories come up for you as you read through each of the warning signs in the cycle?
- Do you resonate with any of the warning signs? What have you noticed?

“Trauma decontextualized in a person over time can look like personality. Trauma decontextualized in a family over time can look like family traits. Trauma decontextualized in a people over time can look like culture.”

-- Resmaa Menakem



[The 16 Warning Signs of Trauma Exposure](#): *Trauma Stewardship: An Everyday Guide to Caring For Self While Caring For Others* by Laura Dernoot Lipsky with Connie Burk.