

Let's do a brief review on what DEVELOPMENTAL TRAUMA is

Trauma = Unhealed Wounds

Developmental Trauma includes not having important developmental NEEDS met, including, but not limited to the following:

A sense of felt SAFETY, including emotional safety

A sense of being Seen and Known

The experience of Felt Comfort through consistent, reliable, and timely soothing and reassurance

A sense of being valued, promoted by parents' consistent, reliable, and clear expressed delight in you as a child and growing human.

Support for being and becoming one's unique best self, promoted by parents' consistent, reliable, unconditional support and encouragement.

Protection from harm (emotional, physical, spiritual, etc)

Guidance

Ideal Parents Encourage Inner Exploration

Ideal Parents help...

You see and understand that emotions are not dangerous, but part of being human

you in feeling validated

you in feeling safe and secure so that you may explore your inner experience and encourage you to be open and to discover yourself and the world

you by being responsive and accepting of your inner experiences, whether it's comfortable or uncomfortable for you

Ideal Parents Encourage Outer Exploration

Ideal Parents help...

By supporting you, and inspiring you to try new things

By helping you to see yourself as the unique, deep, rich, and complex individual you are

By supporting you to learn and explore and discover your interests

By encouraging you and supporting you in taking calculated risks that are developmentally appropriate

By providing you with security, and with that felt sense of safety, you can experience yourself as capable and competent in the world

Ideal Parents Encourage Outer Exploration

Most importantly, ideal parents....

Nurture you, support you, and provide appropriate and timely soothing and reassurance

Pay attention to you and tune into you, and can explore your feelings with you

Are able to tolerate and contain your strongest feelings so that you can learn how to tolerate strong feelings as well.

Know to not push you beyond your developmental capabilities. They take care of adult things and allow you the freedom to be exactly you, at all ages and stages of your life.

So, If A Growing Human Does Not Experience
Many of Their Emotional Needs as
Consistently and Reliably Met...

Then child/teen/growing human is tasked
with the burden of securing these needs on
their own...All the while they are also trying
to just survive and make sense of this world.

BIG feelings, such as but not limited to...

rejection, disappointment, inferiority, inadequacy, defeat,
hopelessness, helplessness, powerlessness, vulnerability,
insignificance, worthlessness, despair, emptiness,
detachment, distrust, fear, dread, anger, rage,
embarrassment, panic, overwhelm, insecurity, uncertainty,
discomfort, tension...
and so much more

Are experienced completely ALONE
with limited, untimely, or no support at all

Sometimes, a BIG wave of these emotions that were experienced in the past, in one's early development...

come back

And we feel these big feelings
All over again.

These are **Emotional Flashbacks**

That can include all of the big feelings mentioned before, and especially the following:

FEAR, SHAME, ALIENATION, RAGE, GRIEF, DEPRESSION

Typically, something in the present is a TRIGGER.

Something in the present is slightly, remotely, or a lot related or reminiscent of the past

Yes, what is happening in the present may still be upsetting/bothersome; however, the INTENSITY of the experience is a giveaway that the feelings experienced now are a mix of your present moment experiences AND the past mixed together.