

WHAT TO EXPECT AS RECOVERY CONTINUES

The following are normal reactions after a trauma:

1. Trauma reactions will decrease in intensity and frequency.
2. Families and friends become co-survivors.
3. Fluctuations between feeling in control and feeling anxious or overwhelmed.
4. Questioning pre-trauma assumptions and beliefs about life.
5. Flashbacks - a normal response after experiencing a traumatic event. They can be triggered by anything that reminds you of the trauma incident (sights, sounds, smells, hearing of similar incidents). You may not always be aware of what triggered the response. Flashbacks will fade with the passage of time.
6. Situations, which strongly remind you of the trauma, may trigger the feelings that occurred immediately after the event. For example, anniversary dates, reading articles about similar incidents, returning to the area where the incident occurred, or court dates.