



TRAUMA-INFORMED SUPPORT



How to support a loved one in trauma

Understanding Trauma Responses:

- Fight (anger or control), Flight (busying or avoiding), Freeze (withdraw or disconnect), & Fawn (give in or passive aggressive reaction)
- Past pain disguised as present-day reaction

What Support Looks Like:

- Presence over advice
- Validation over correction
- Compassion over control

Self-Check Before Support:

- What am I feeling? -“What do I need to feel grounded?”
- Can I show up regulated? -“Am I wanting to rescue or control?”
- Do I need space before re-engaging? -take a walk, stretch, release adrenaline

How to Regulate Yourself:

- Breathe slowly and deeply
- Take a short break
- Pray for strength and understanding
- Scriptural references: Mosiah 18:9 & Romans 12:15

Compassion-Based Phrases:

- ‘I’m here for you.’
- ‘It makes sense that you feel this way.’
- ‘You don’t have to go through this alone.’

For more help go to aliciahallcoaching.com