

LIVING IN FEAR



WARNING SIGN

You shouldn't be scared to return home, because you don't know what mood they* will be in.

"Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted.

It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief."

- Frantz Fanon

"Survivors or any and all abuse become very good at anticipating mood of others, looks, actions, all of it in an effort to survive.

Believing that if we can be agreeable, be compliant and loving, do things how they want, that will be safe.

This becomes a way of life."

- Darlene Ouimet

TRIGGER

A trigger is anything that sets you off emotionally and activates memories of your trauma. It's particular to you and what your experience has been. Triggered, we revert to the feelings and behaviours (known as ab-reactions) we had in the traumatizing situation.