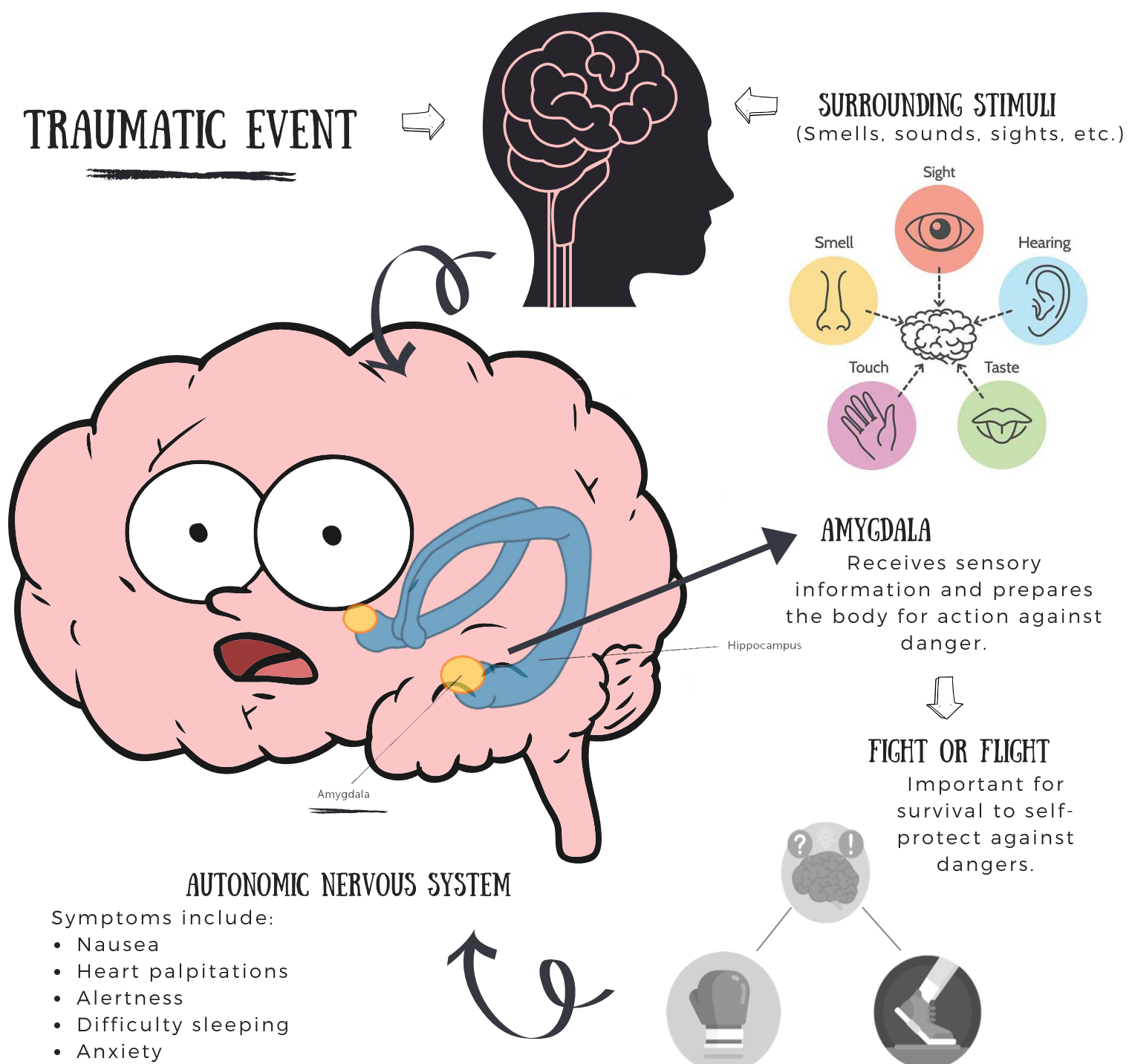


A BASIC GUIDE TO HOW POST TRAUMA SYMPTOMS DEVELOP

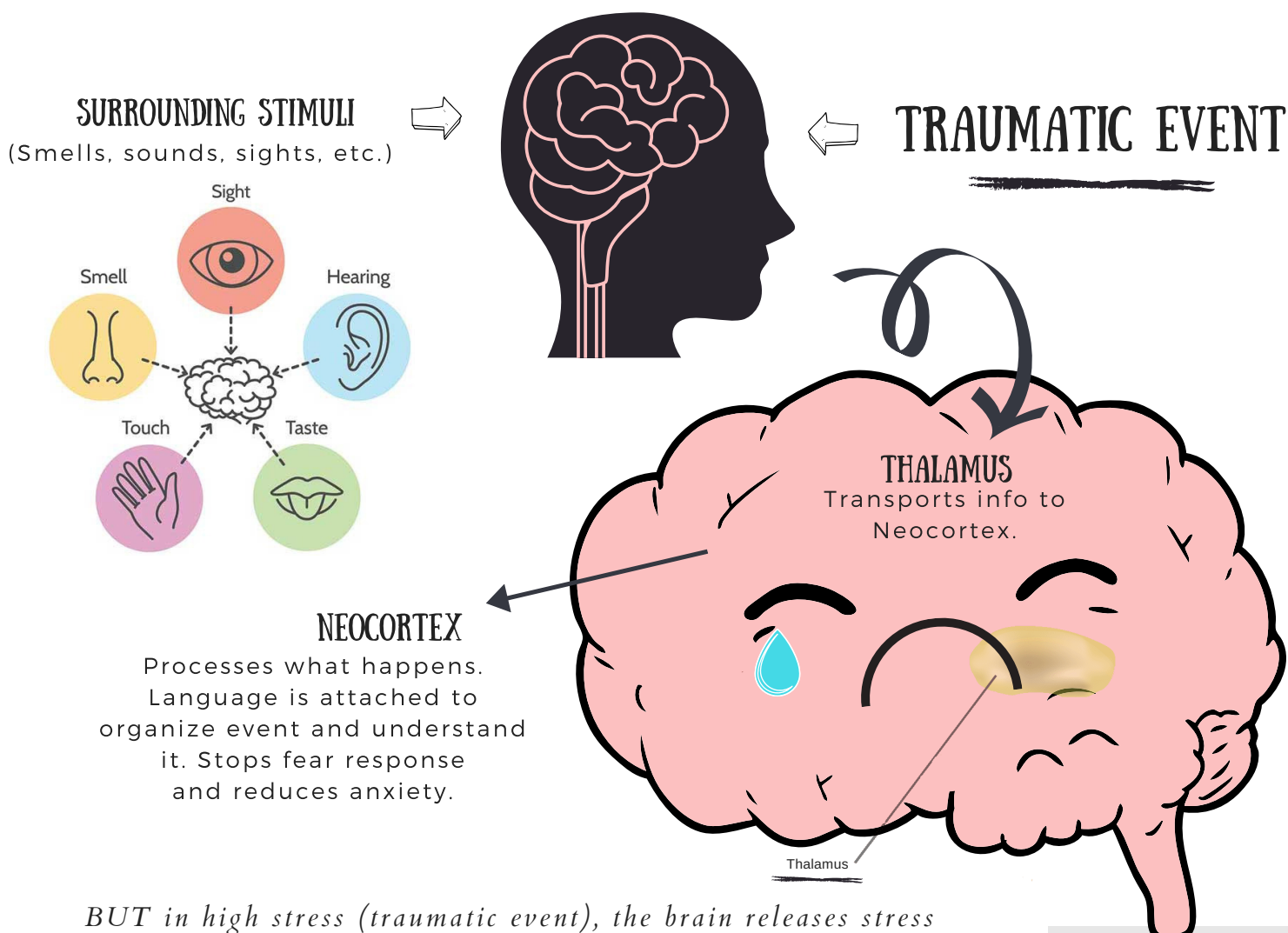
- THE TWO PATHWAYS -

How trauma is registered in the brain – 1st and fastest pathway.



Therefore, sensory information is paired with the brain's danger response (fight, flight, freeze). Now, smells, sights, and sounds related to the trauma (whether a person remembers the trauma) will trigger the fight/flight/freeze response.

How trauma is registered in the brain – 2nd and longer pathway.



BUT in high stress (traumatic event), the brain releases stress hormones (i.e. cortisol) which interferes with the Neocortex's ability to stop the fear response. This results in continued symptoms of anxiety, trouble sleeping, feeling of being jumpy, etc.