

## List of Traumas with what comes in and human behavior

- Conception
  - Born out of wedlock
  - Unwanted
- In the Womb
  - Rejection/Illness, Physical and/or Emotional in Mother
  - Rejection because of Gender
- Trauma of Birth Process
  - Breech/Cord around Neck
  - Cesarean
- Early Illnesses/dental trauma separation
  - Hospitalization - yours or your parents (being in isolette at birth)
  - Given up for adoption
  - Father away at war, father away because of job, etc.
  - Moving to new area
  - Divorce
- Death Accidents/Injuries
  - Near Drowning
  - Choking or Witness to them
  - Financial Disaster
  - **War**
- Witnessing Violence or living violence
  - Home
  - Juvenile Homes/Foster Homes/Orphanages, etc.
  - Military Service
  - Boarding Schools
  - Keeping Family Secrets
  - Being afraid and Anxious on a daily basis in the home environment
  - Being kidnapped or followed
- Broken Heart
  - Betrayal (family, friends or even church)
  - Violation through rape, molestation, etc.
- Rejection due to physical/emotional differences conflict
  - Competition and comparison
  - Issues in the church?
  - Abandonment by friends/family/girl/boyfriends
  - Government and/or Legal System
  - Incest/Molestation Rape/Robbery/Satanic Ritual Abuse and Programming - unloving, fear, shame, guilt, bitterness, abandonment
  - Being in Dysfunctional Family/Marriage - Mother dominant, father

passive

- Parents speaking far of God/Devil -fear of devil giving him power
- Verbal, Emotional, Physical and Sexual abuse
- Coarse Jestng/Victimization/Family Scapegoat

## 2 Coping Mechanisms with Physical and Emotional Pain

- Are you a shop-o-holic to deal with emotional pain?
- Do you self-mutilate to deal with emotional pain?
- Are you a work-a-holic to deal with emotional pain?
- Do you take prescription drugs for physical pain?
- Do you drink to escape the emotional pain?
- Do you control others?
- Do you isolate so no one can see your emotional pain?
- Do you drown your feelings in front of the TV?