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## Psychologically-Trauma & Dissociation

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### **Ever heard of:**

Blind madness?

Blind sadness?

Blind fear?

Or even uncontrollable joy which make one  
scream and or shiver ?

The Four Head emotions of our **personality** -  
our daily life **handling-system** (ANP-EP's)

ANP

= Apparently Normal Personality state

EP

= Emotional Personality part(s)

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# The Horror of a Psychologically-Trauma

Is it just fear? An anxiety disorder?

Some clinicians focus on 'one' emotion if they talk about cause, diagnose and treatment of a 'psychologically-Trauma'. There are even clinicians which carry the opinion that a Psychologically-Trauma is an anxiety disorder caused by fear. Because fear alone can trigger unimaginable human strength or unimaginable human surviving capacities.



Some say: fear is Horror and Horror is fear.  
But is horror really only fear?

I dare to disagree with such an underestimating statement to the suffering of a psychologically-trauma. Because a psychologically-trauma is a lot more than fear that causes an anxiety disorder. That is also why PTSD is not categorized as an anxiety disorder but as a disorder caused by suffering extreme stress.

Fear is just one of the unbearable sensations which tortures the body and mind of a psychologically-traumatized daily life **handling-system of once personality** (the self and ego states). Fear can make you Run away, fear can make you Freeze, fear can make you Cry, fear can make you suffer without you even knowing 'why'. Nobody will disagree that fear can cause all that, but does it mean you suffer a psychologically-trauma if you suffer or suffered only Fear: NO !

## The word 'pain' barely used . . .

But the definition of suffering **pain** says a lot: "an unpleasant sensory and emotional experience associated with acute or potential tissue damage or described in terms of such damage". Suffering physical pain, mental pain, emotional pain and psychologically pain all at once, will cause an 'injury' - **psychologically and or physically**. And (Child) sexual and or physical abuse causes such an 'injury' because it's an horrific event.

## A psychologically-injury

An horrific event triggers bodily responses, sensations, feelings and emotions all at once. Horror overloads your daily life handling-system (ego- and self-states), your mental state and common sense with extreme stress. Even by witnessing a 'horrific event' you can get emotionally and bodily over-stressed and it even can cause a phobia for experiencing (witnessing or remembering) it ever again.

**Horrific events or a horrific experience can make us lose our common sense, activate unwanted bodily responses, can cause uncontrollable sensations, feelings and emotions or can even cause an unimaginable strength which can lead us to do the unthinkable as if we are in a hypnotic state. .**



### Ever heard of:

Blind madness?

Blind sadness?

Blind fear?

Or over excitement – uncontrollable joy which make one scream and or shiver ?

Ever heard that someone who broke his leg or finger was able to pull it right back on its place right after the event happened? Ever heard that pain can reach a level of numbness? Ever heard that people weren't able to notice their physical wounding's (or the pain) right after they injured themselves or right after a severe accident? Ever felt the pain your muscles causes if your laugh gets out of control? Ever felt that powerless feeling caused by intense out of control laughing? Ever heard that over activated emotions can cause you leaving and or losing your common sense?

The unimaginable can occur if our daily life handling-system, our personality, gets overloaded - stressed out - it will force you in to a survival mode.

And afterwards, if we get back in our mindful state, we feel the physical and psychologically chaos and shock that starts torturing our mind and body; some get cold and or start to shiver, some feel the pain of their muscles if they start to unlock (relax) again, some get scared by an instant only by the thoughts (memory) of what they did or witness during that over-activated personality state, some shut bodily and mindfully down and or are extremely exhausted afterwards, some feel pain all over their body by the muscles which where over contracted during that overstressed state, some experience a huge headache afterwards, and some just start laughing as a response to a severe accident.

If we think over what just happened to us during a horrific event or what we just experienced or did in a total over-stressed personality state – collecting feelings and emotions, or doing the impossible or the unthinkable – afterwards; we realize we lost or did leave our mindful state for that short moment of time.

Suffering a psychologically-trauma is all above mentioned.

Suffering a psychologically-trauma is an ongoing, repeating, over activation of the body and mind, of feelings and emotions, of more than one personality-state.



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Suffering a psychologically-trauma eats your life !

We start dissociating to survive, because It relieves the suffering. And if you unlock the Traumatic Memory the unthinkable can happen all over again, so it's very important to reach out for proper and very experienced Help.

Don't underestimate suffering a psychologically-trauma.

Because suffering a psychologically-trauma is a whole lot more than suffering the emotion of fear. A psychologically-trauma will force you in to live your life in an ongoing on guard state and or survival mode.

Seek help

Seek very good and experienced help if you suffer a psychologically-trauma.

Regards,

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