

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

After a Crisis or Trauma

By Susan Dunn

After a Crisis or Trauma by Susan Dunn, MA Psychology, Professional Coach

Crises and traumas change our lives. We talk about Post Traumatic Stress Syndrome, but did you know they can also change us for the better? There is also a Post traumatic Stress Growth Syndrome. Many people come out of crises stronger and more resilient, and have learned many new life skills.

When people talk about a crisis they've weathered here are some of the things they say have resulted.

1.Change in priorities.

It's common after you go through a crisis to look at things differently. One thing it often does is show us how fragile life is. If we have lost someone, or nearly lost our own life, or something important, we take a look at our lives and figure out what really matters. You also have a different relationship with time.

2.Dealing with emotions differently.

You tend to come out of a crisis being more willing to express your motions, and to understand those of others, and relate with more compassion. Crises often extend our awareness of our emotions because we're flooded with so many, and trying to sort through them all teaches us new levels. It raises our tolerance threshold.

At the same time, we understand the importance of listening to others. To know pain and suffering means you can understand these in others better. Many counselors, coaches and therapists have gone through some sort of trauma. This is one way in which they become such a good listeners.

3.Resilience.

Weathering a storm teaches you a lot about weathering storms. The next time something comes along, you can look back on the skills you used to get you through the last one. You can also learn from your mistakes. Just as a sailor's skills aren't really tested in the harbor, we learn new things when we're tested. You find out you are stronger than you ever thought possible.

After a Crisis or Trauma

4. Draw closer to people and understand community.

You find in a crisis how wonderful people can be. Some people may let you down, but others will come forward.

5. New interests.

Because we change through a crisis, we often take up new interests. You may become interested in a different sort of career, for instance, or decide you want to marry and have a fulfilling relationship, where you didn't before, or to give more back to your community in means of volunteer service. Very often it amounts to a "new you" and you extend your boundaries.

6. Less willing to compromise.

Often we find after a crisis, we're more willing to change things that need changing, and to take action when it's necessary. The strength you discover in a crisis leads to a great sense of personal power; your ability to effect what's going on around you.

7. Not taking anything for granted.

Once you discover what really matters, you are much more willing to put the work in. This could include meaningful relationships or work. Losing something important, or almost losing it, brings things into a new perspective. You don't take things for granted you used to.

8. An appreciation for the now.

There is nothing like going through a trauma or crisis to make you appreciate a quiet, "normal" day. Suddenly a day that formerly might have seemed boring to you is full of wonderful things - among them, just the fact that there's nothing awful going on.

9. Handle stress better.

Your toleration of stress will have become elevated, and you can handle everyday stress better.

10. Spiritual growth.

Going through a crisis is being where the rubber hits the road. You question many things, including your faith, and can come out much stronger. Questions arise that wouldn't have arisen otherwise, and so you grow.

All of these things are possible when you go through a crisis or trauma. One of the most important things is not to stay in isolation. Many people understand after going through a crisis how helpful other people can be, and how much we need one another.

Coaching and counseling can also help you in time of need. Resilience means being able to bounce

back after loss, failure, and misfortune being able to retain you hope and enthusiasm for the future.

While no one wants to have a crisis or trauma occur in their life, it can be a tremendous growth opportunity. Studies have shown that isolation, which means emotional isolation, is one of the worst things you can do for your health. Reach out for the help you need and stay connected, and work on your emotional intelligence skills. It's the emotionally intelligent thing to do.

Susan Dunn, MA Psychology, Emotional Intelligence Coach, <http://www.susandunn.cc> . Coaching and Internet courses for your personal and professional development. Transitions, career, relationships, resilience. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE ezine.

Child Sexual Abuse – Signs And Symptoms

By Wendy McLellan MA, LCDP II

Sexual abuse has affected millions of children throughout the world. Child sexual abuse is defined as: An adult using a child for sexual purposes. This can be in the form of child pornography, submitting children to look at pornography, fondling, touching, kissing, sodomy, exposing oneself to a child, rape, oral sex, intercourse, or having the child touch the adult. All children will react differently to this type of trauma. There is no one single identifiable sign or symptom that all children will have. They may have very subtle symptoms or they may have very pronounced symptoms. I have gathered a list of symptoms that children of sexual abuse are often seen to have.

Bedwetting (after being potty trained)

Waking up in the night screaming, nightmares or other sleeping problems

Showing an unusual fear of certain people, places or things

A reluctance to be with a certain person

Loss of appetite or trouble eating

Fear of the bathroom

Excessive crying

Mood changes, anger outbursts or withdrawal or fear

Becomes worried when clothing is removed

Wearing layers of clothing

Age inappropriate knowledge of sex

After a Crisis or Trauma

Imitating sexual acts with other children or toys, such as dolls

Withdrawing from activities they used to be involved in

Difficulty walking or sitting

Complains of pain with urination or bowel movement

Bleeding from the genital area or anus

Academic problems

Lowered self esteem

Symptoms of PTSD such as panic attacks

Somatic complaints

Regression of behavior

Having new words for private body parts

Excessive masturbation

These are all symptoms of child sexual abuse. One common feeling I have found in working with children and adolescents, is guilt. Children usually feel guilt over the abuse that occurred. It is important to remember that under no circumstance is a child ever responsible for what happened to them. It is crucial that "re-victimization" does not happen. Some ways a child can be re-victimized is by saying to the child:

"Uncle Joey, or Grandpa Bob would never do that to you, why are you lying?"

"It couldn't of been that bad, or you would have told me sooner"

Child sexual abuse victims usually carry this trauma with them for the rest of their lives. Some children as they begin to get older will start using drugs, get into relationships with others who are abusive, see themselves as "damaged goods" and begin acting out sexually. Engage in self mutilation, such as cutting behaviors. Some children gain weight or don't take care of themselves so they look "unattractive" to others.

There is hope. Finding the proper treatment for past trauma can be influential on how they cope with this as an adult. Rape crisis centers are usually available in most states. There is also a national rape crisis center. They are a full service agency that addresses prevention, education, crisis intervention, counseling and advocacy. They work with both children and adults. There is also a 24 hour hotline available at the national rape crisis center, for parents or victims of sexual abuse.

After a Crisis or Trauma

Wendy McLellan is a licensed mental health and substance abuse counselor, with more than sixteen years of experience. She has recently devoted time to the efforts of

<http://www.safecomputerkids.com>

in their goal to provide parental internet safety tools and resources to the public.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!