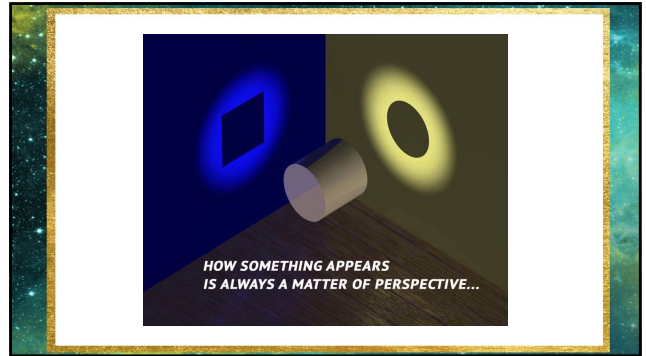


1



2

### Trauma Little t(?)

- Covert
- Emotional or Relational
- Hidden
- Unacknowledged
- Emotional or Physical
- Harassment
- Forgotten
- (legal abuse)
- Minimising

- Examples
  - Abandonment
  - Discrimination
  - Parent/Child role reversal
  - Verbal abuse
  - LTA
  - Love withdrawal
  - Gas Lighting/Blame
  - Hoax
  - Guilt-trip
  - Adult parent of teenage secrets
  - Emotional incest
  - Gas checking
  - Fake sympathy
  - Faking child, to hug, kiss, or be held
  - Financial
  - Racism

3

### Big T (?)

- Overt
- Emotional or Relational
- Acknowledged
- Physical
- Harassment
- (legal abuse)

- Eg
  - Sexual Assault/Rape
  - Terrorist
  - Crash
  - Bullying/Harassment
  - Racism
  - Combat/war
  - Loss of Home
  - Paramedic/Fire/Medics

4

### Stress Trigger: Traumatic Life Events

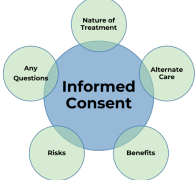
**Unexpected Dramatic Isolating No Strategy**

5



6

### INFORMED CONSENT

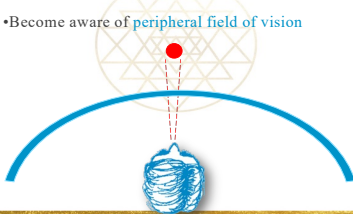


- Are you open and willing to explore with curiosity
- Even though this include challenging explorations
- Is it ok if we can explore these with safety and courage

7

### Learning State


- Focus on a **fixed spot** (in front and above you)
- Look relaxed at this fixed point
- Become aware of **peripheral field of vision**



8

*"Let what comes come. Let what goes go.  
Find out what remains."*

Ramana Maharishi 1879-1950



9

### EMPOWERMENT & ACCOUNTABILITY

#### Accountability

There were four people and an important job to be done.

  
Everybody

  
Anybody


  
Somebody

  
Nobody

Nobody knew that Everybody was not going to do it.  
 Everybody was sure that Somebody would do it.  
 Anybody could have done it.  
 In the end, Nobody did it.

10

### SET INTENTION FOR YOUR PARTNER

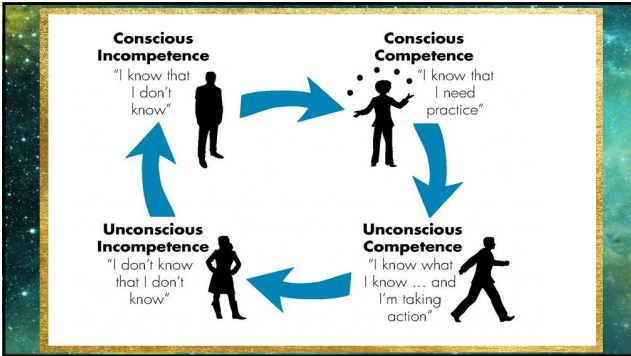


11

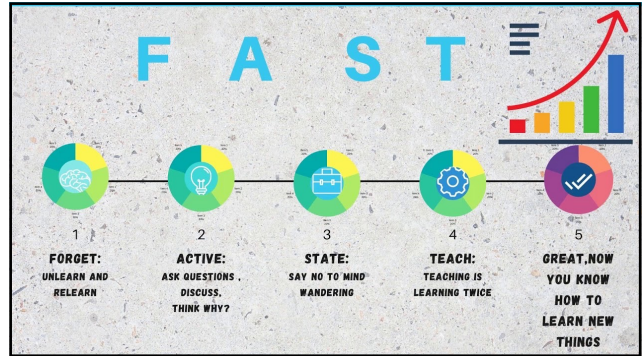


Cross Lateral

12



13



14



15



16

**Identify your ideal coaching state**

Describe your physiology: what would your body/attitude be?  
what would others perceive? (BDNF)

What would your focus be?: what will you be paying attention to?

Describe how you will be feeling?: what emotions will you be feeling?

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**Back to the Future**

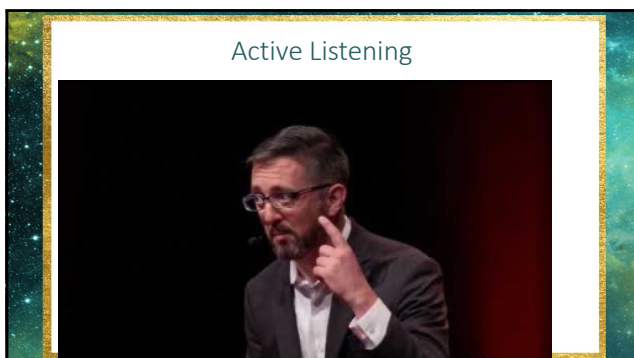
- Person A is from the present- Person B is from 500 years ago
- Person B They have no knowledge of the modern world and must listen carefully, considering what is being said. They can ask questions to help them guess but must frame them as though they are from a time without technology or the comforts of modern life.
- For eg a mobile phone

**FIVE MINUTES THEN WHEN FINISHED**

- Person A will make notes after (avoid discussing) how it felt like to explain to a person from a different perspective
- Person B will make notes explain what it was like to listen while being in the mind of someone other than themselves.

**THEN SWAP AROUND AND AGAIN MAKE NOTES THEN COME BACK INTO ROOM**

18



19

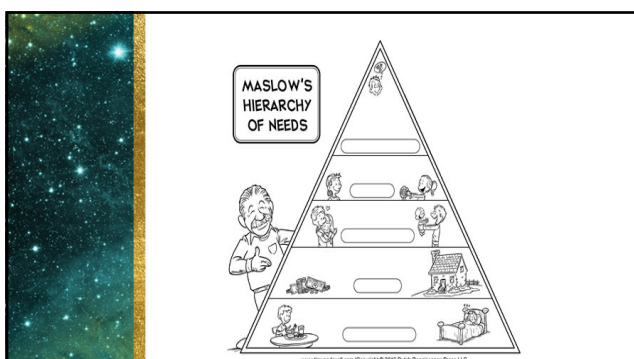
### Respect Boundaries

Is there anything you're uncomfortable talking about?  
Is it ok if I ask you about (sensitive topic)

**AVOID "WHY?" QUESTION**  
This can provoke a defensive response, inviting Justification

Seek Feedback

20



21

### Fight Response

<ul style="list-style-type: none"> <li>• Unhealthy</li> <li>• Controlling behaviors</li> <li>• Narcissistic tendencies</li> <li>• Bullying</li> <li>• Conduct disorder</li> <li>• Demanding perfection from others</li> <li>• Feelings of entitlement</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy</li> <li>• Create boundaries</li> <li>• Be assertive</li> <li>• Find courage</li> <li>• Become a strong leader</li> <li>• Protect yourself (and loved ones) when necessary</li> <li>•</li> </ul>
--	---

22

### Flight Response

<ul style="list-style-type: none"> <li>• Unhealthy</li> <li>• Obsessive or compulsive tendencies</li> <li>• Needing to stay busy at all times</li> <li>• Panic and constant fear</li> <li>• Perfectionism</li> <li>• Workaholic tendencies</li> <li>• An inability to sit still</li> <li>• Living in the 5<sup>th</sup> Dimension, Clouds</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy</li> <li>• Disengage from harmful conversations</li> <li>• Leave unhealthy relationships</li> <li>• Remove yourself from physically dangerous situations</li> <li>• Properly assess danger</li> </ul>
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23

### Fawn/Flop Response

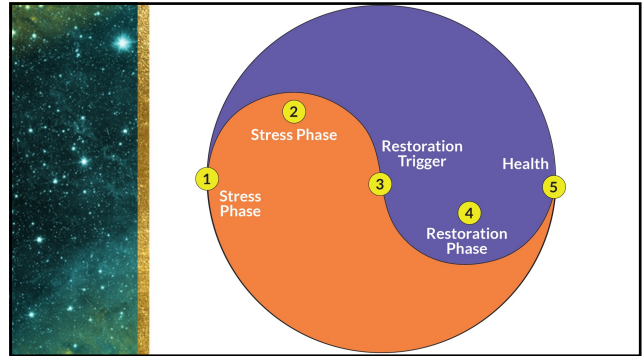
<ul style="list-style-type: none"> <li>• Unhealthy</li> <li>• Codependent relationships</li> <li>• Someone to stay in a violent relationship</li> <li>• Loss of self</li> <li>• People-pleasing to the point of destruction</li> <li>• Little or no boundaries</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy</li> <li>• Compassion for others</li> <li>• Compromise</li> <li>• Active listening</li> <li>• Fairness</li> </ul>
--	--

24

### Freeze Response

- Unhealthy
  - Dissociation
  - Isolation
  - Frequent "zoning out"
  - Brain fog
  - Difficulty making decisions or taking actions
  - Perceived laziness
  - Fear of achieving or trying new things
  - Procrastination
- Healthy
  - Mindfulness
  - Awareness
  - Full presence in the moment

25



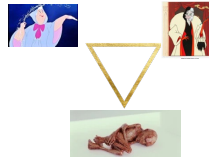
26

Think of times FFFFFFFF



27

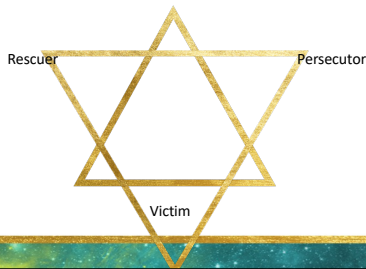
### DDT (Dreaded Drama Triangle)



- 1. Where are you placing your focus?
- 2. How are you relating?
- 3. What actions are you taking?

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### DDT - TED



29