

## How Childhood Trauma Affects Adults

Most people who were abused as children face lifelong, life altering problems.

Many people who experienced abuse in their childhood develop PTSD or C-PTSD. It's normal, considering abused children are exposed to at least a couple of life altering traumas, usually many more. PTSD & C-PTSD happen when trauma is severe enough to "break" the brain. Physical changes actually happen that cause PTSD & C-PTSD. Medication, therapy & facing the trauma can help you to manage these disorders.

Most survivors of child abuse suffer anxiety attacks, panic attacks, fears, even phobias. When you're raised by someone whose behavior is violent & unpredictable, you naturally become anxious. That anxiety can stay even long after the abuse has ended. Ending the relationship with an abusive parent is naturally a helpful thing to do, but that doesn't mean all your problems are solved. While it stops further abuse from happening, it doesn't fix some things like that anxiety & fear the abuse created. It may never stop. Learning calming techniques like deep breathing can help as can prayer & meditation. Medication can help as well. Also, learn to push yourself beyond your comfort zone. Take tiny steps at first, then once you're comfortable with the small steps, push yourself a bit further. It'll help you to be more confident & less anxious when you see what you can handle.

Lacking good coping skills is also common. When you're subjected to daily abuse, you simply don't have time to process one trauma when another happens. It leads to not knowing how to cope because you haven't been able to. You need to learn how to slow down & look at the situation objectively so you can find ways to cope.

Many adult survivors of child abuse also are willing to settle. They don't want to be in the same situation to what they've been through, so rather than take risks, they settle. Pushing yourself out of that comfort zone needs to be done just like I mentioned with anxiety.

Talk to safe people, & let them help. It can be easy to become a recluse, because it feels like no one else has been through what you have. As you open up, you'll realize others have been through similar situations. Sharing experiences helps you become closer & also will help each other heal.

Many victims hold in anger. Abusive parents can't & won't deal with their child's anger, so it's safer for the child to hold it in. As an adult though, it's no longer necessary. It's unhealthy physically & mentally. You have to learn to release anger in healthy ways, such as in prayer, writing or talking with a safe person.

Almost all adult victims of child abuse avoid confrontation. Growing up with abusive parents, we learned early that confrontation involves rage, name calling, & possibly even physical violence. That isn't the case anymore! Not everyone is like our

parents. You need to learn that it's ok, even loving (believe it or not) to confront someone who is mistreating you.

Adult victims of abusive parents also have issues with boundaries. Abusive parents don't let their children have boundaries, & those children grow into adults with no boundaries. You will need to realize that you have every right to have & enforce healthy boundaries. I highly recommend reading "Boundaries: When To Say Yes, How To Say No To Take Control Of Your Life" by Dr.s Henry Cloud & John Townsend. I created a free online class based on the book. It's available at my website at [www.CynthiaBaileyRug.com](http://www.CynthiaBaileyRug.com)

Lastly, most adults abused as children end up in unhealthy relationships, often because it's familiar. While it's normal, it's not healthy. You need to recognize unhealthy people & avoid them as much as you can. You can do this by learning about people like your abusive parent. For example, if your parent is a narcissist, learn about Narcissistic Personality Disorder so you can recognize the signs easily & learn ways to cope with narcissists when it's unavoidable.

Surviving abuse is never easy, but the resulting problems can be managed. You can & learn to enjoy your life & thrive in spite of your traumatic experiences.