

## Exercise: What Makes Things Worse? What Makes Things Better?

| <b>EXAMPLES OF IMPACT OF TRAUMA</b><br><b>People with histories of ACEs and trauma often:</b>   | <b>Practices in Your Setting/Role that Might (unwittingly) Make This Impact Worse</b> | <b>Practices in Your Setting/Role That Could Intentionally Make This Impact Better</b> |
|---|---|--|
| Do not trust and expect to be hurt/betrayed in relationships  |   |  |
| Have extreme reactions to authority figures:<br>get passive or withdraw<br>Or get easily set off/aggressive                             |   |  |
| Fear and expect the worst:<br>waiting for the “next shoe to drop” especially when expectations and boundaries are unstated or not clear |   |  |