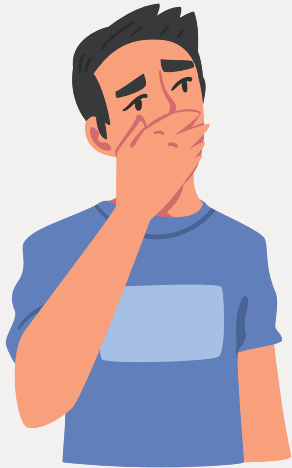


WHAT IS TRAUMA?

If something really bad happens to me, I might have a lot of bad feelings.



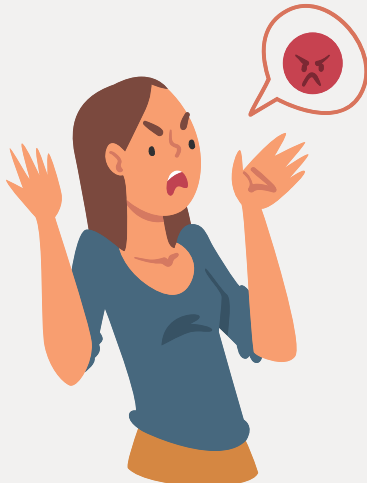
When something bad happens, and I feel bad about it, this is called trauma.



When something bad happens, I might feel scared.



When something bad happens, I might feel angry.



When something bad happens, I might feel worried.



When something bad happens, I might feel tired all the time.

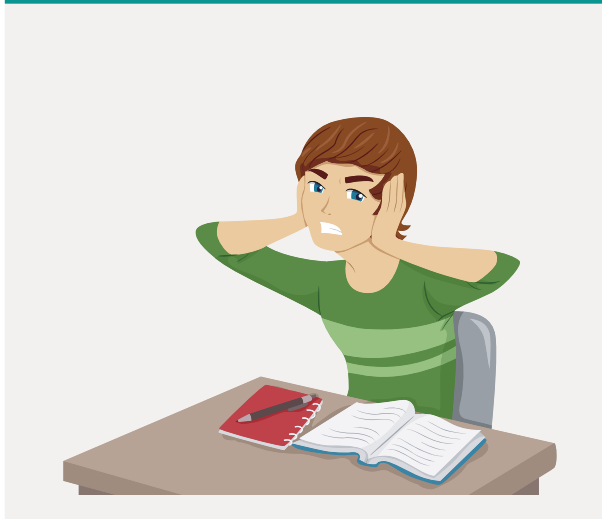


WHAT IS TRAUMA?

Sometimes, I might want to be alone.



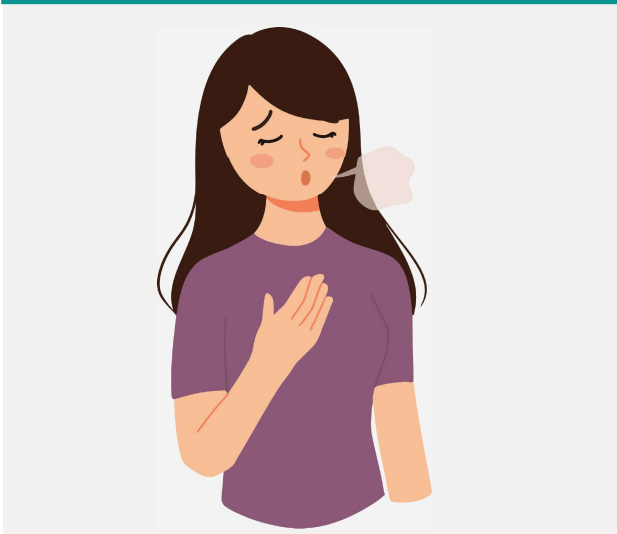
When something bad happens, it might be hard for me to think.



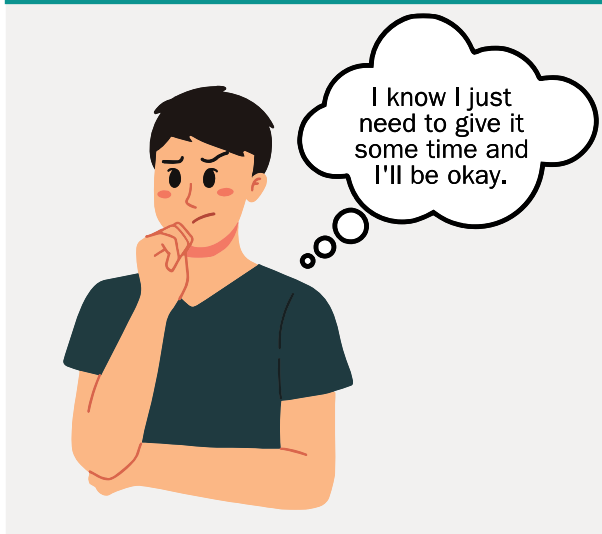
If something bad happens, I should practice ways of telling people how I feel.



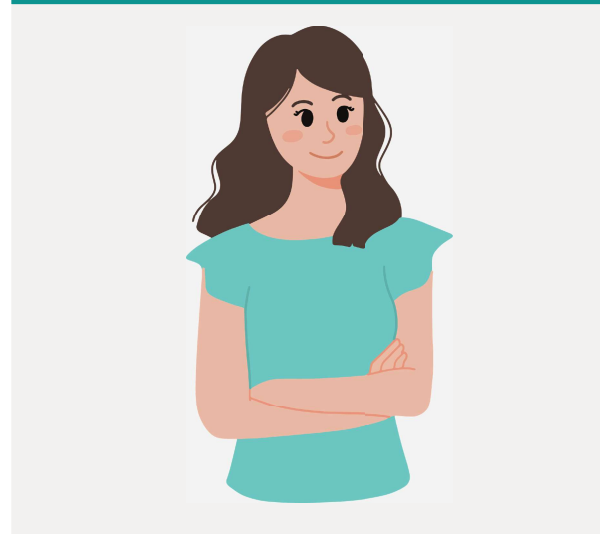
If something bad happens, I can practice ways of feeling better.



Trauma can take a long time to get better.



I should remember that the trauma is not my fault.



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