

Name: _____
Grade: _____

Feelings of Trauma

So many different emotions can be associated with trauma. Just some of the emotional reactions might include:

- Shock
- Disbelief
- Anxiety
- Fear
- Irritability
- Anger or rage
- Shame
- Lack of interest
- Sadness
- Grief
- Guilt
- Denial
- Desire of revenge
- Panic
- Mood swings
- Isolation



Some people may feel a mix of those emotions or different emotions at different times. Sometimes after a challenging life event, kids and young adults might even feel “numb”. Feeling numb is a lack of emotions and almost feeling nothing at the moment.

Think about it!

Think of a difficult situation you’ve experienced. What were some of the feelings you went through during and after the situation?

