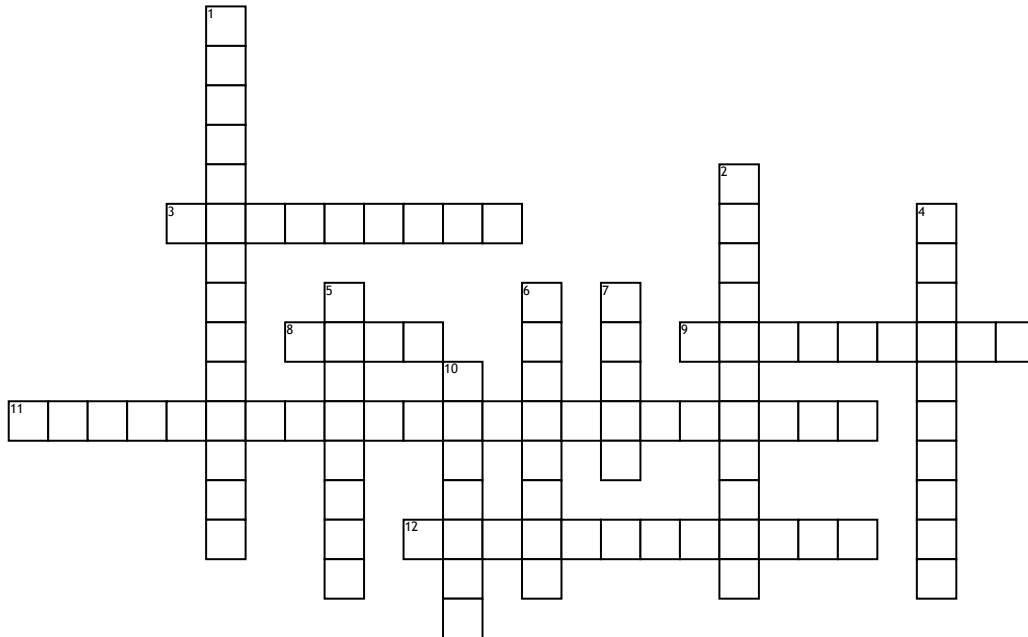


Ch 4 - Trauma Stewardship



Across

- 3. Keeping away from or not doing something.
- 8. Afraid
- 9. Dependency on a substance, things, or activity.
- 11. The transformation that takes place within a person due to exposure to others' suffering.
- 12. Causing one not to be present in the moment while experiencing intrusive feelings related to past trauma.

Down

- 1. Feeling the need to be always alert, even when there is no imminent danger.
- 2. An inflated sense of importance related to one's work.
- 4. Downplaying a current situation by comparing it with another one that is regarded as more dire.
- 5. Overwhelming feeling that there is nothing one can do to remedy a situation.

- 6. Overwhelming feeling that it is not worth to try to remedy a situation.
- 7. Strong feeling of annoyance, displeasure, or hostility.
- 10. Inability to empathize with others due to experiencing a high level of incoming stimuli.

Word Bank

- | | | |
|----------------|--------------------------|------------|
| Helpless | Trauma Exposure Response | Numbing |
| Dissociation | Fear | Minimizing |
| Hypervigilance | Grandiosity | Hopeless |
| Avoidance | Addiction | Anger |