# PARALLEL LIVES
# THE ROLE OF TRAUMA MEMORIES

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Something ordinary happens

e.g. a loud sound

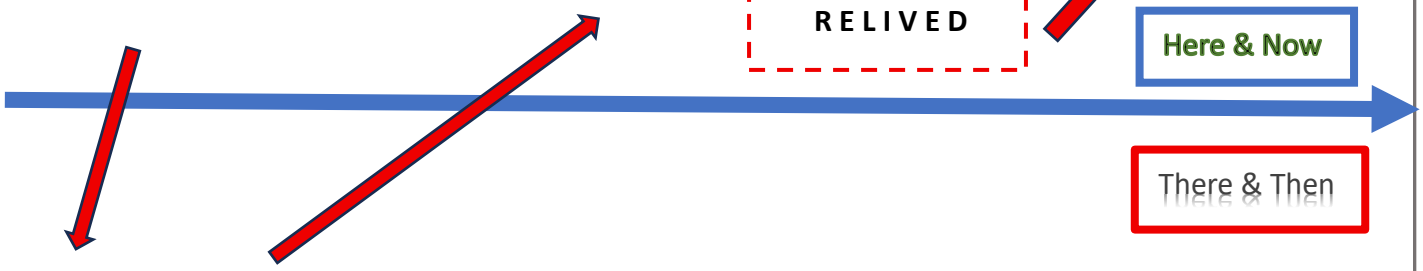
When similar sound was experienced at the time of trauma. Memorised in deeper brain structures

RELIVED as a return of the past danger

Emotions and sensations explode into **current** moment experience

Fear symptoms
body tensions
aggressivity
running away
freezing

Danger feels like
**N O W**
**R E L I V E D**




Implicit memories / unconscious memories
of
fear, terror . . .
are being re-activated
They were those activated at the moment of the trauma