



UNHEALED CHILDHOOD TRAUMA MANIFESTS AS:

- FIXING OTHERS
- PEOPLE-PLEASING
- CO-DEPENDENCY
- EXTERNAL VALIDATION NEEDED
- LIVING ON HIGH ALERT
- FEAR OF ABANDONMENT
- DE-PRIORITIZING OWN NEEDS
- NEED TO PROVE THEMSELVES
- TOLERATES ABUSIVE BEHAVIOR
- ATTRACTS NARCISSISTIC PARTNERS
- DIFFICULTY SETTING BOUNDARIES