

**SOME TERMS FOR MENTAL, EMOTIONAL, AND SPIRITUAL TRAUMA
that may be experienced by Children and Adults**

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from Healing the Child Within pg. 10,11

abandonment	humiliating
neglect	disgracing
abuse: Physical- spanking, beating, sexual, etc.	joking about
Mental-covert sexual (see lists)	teasing
Emotional-(see following lists)	deceiving
Spiritual-(see following lists)	betraying
shaming	being cruel
degrading	intimidating
criticizing	threatening
stifling	inflicting guilt
laughing at	overpowering
manipulating	bullying
tricking	discrediting
hurting	disapproving
belittling	breaking promises
patronizing	withholding love
inflicting fear	limiting unnecessarily
withdrawing	raising hopes falsely
misleading	controlling (too much)
saying "you should.....be better or different"	not taking seriously
saying "you shouldn't feel such and such"	making vague demands
saying "if only.....you were better/different"	responding inconsistently

To repeat: while discovering some of the conditions described here may feel uncomfortable, it can start the way out of our suffering and confusion. We can summarize the common characteristics of troubled or dysfunctional families as including at least one, although usually several, of the following:

neglectful	having one or more secrets
inconsistent	disallowing feelings
arbitrary	disallowing other needs
mistreating	rigid (some families)
unpredictable	quiet and functional at times
denying	chaotic at times (including crisis orientation)