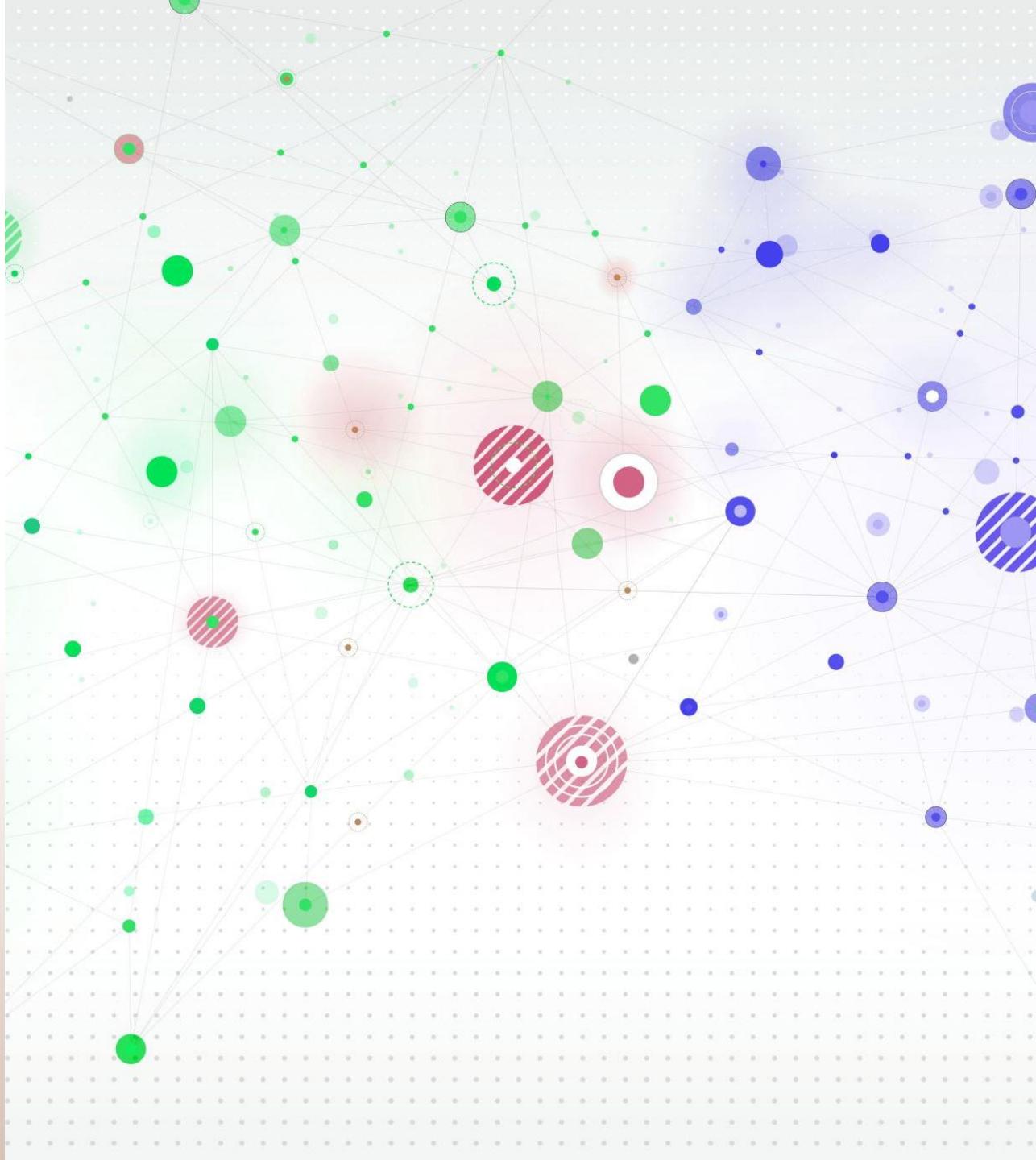


INTERPERSONAL EFFECTIVENESS

Trust and PTSD



IMPACT OF TRAUMA ON TRUST

- How has trauma impacted your ability to trust (now or in the past)?
- How has this affected your relationships?

TRUST DIFFICULTIES IN PTSD

- Sometimes it can feel like trust is "all or nothing"
 - Ex: trusting someone or certain types of people completely
 - Ex: strongly distrusting others (unless maybe there is overwhelming evidence otherwise)
- Can cause us to withdraw from relationships, or to give more trust than is always earned
- May ultimately lead to relationships that are unhealthy or out of balance

TRUST DIFFICULTIES IN PTSD

- Trust in yourself

Belief that you can trust or rely on your own judgments and decisions

Tutting yourself is an important step for developing healthy, trusting relationships

- If, before a traumatic event, you...

Had preexisting difficulty trusting yourself → A traumatic experience may reinforce these beliefs

Had trust in yourself → A traumatic experience may undermine these beliefs

TRUST DIFFICULTIES IN PTSD

- Trust in others

Beliefs that the promises of other people or groups can be relied on with regard to future behavior

Important to balance trust and mistrust

- If, before a traumatic event, you...

Had preexisting difficulty trusting others → A traumatic experience may reinforce these beliefs

Had trust in others → A traumatic experience may shatter these beliefs (betrayal)

IMPLICATIONS

- Trauma can play a role in...

Learning not to trust ourselves or our own reactions

- Especially if we hold onto self-blame about what happened

Learning to ignore/avoid our emotions or important information in our environment

- Could cause us to miss important signals about new situations

Labeling ourselves with restricting beliefs and judgments about our (in)ability to trust (ourselves or other people)

- "I can't trust my emotions / my body / my ability to handle X"
- "I can't trust others to do the right thing"
- "Men can't be trusted"

RECALIBRATING TRUST AFTER TRAUMA

- Trust falls on a continuum and is multidimensional
- Continuum: meaning trust has different levels (i.e., not an On/Off switch, but a slider)
- Multidimensional: meaning there can be different types of trust
- And it can be helpful to evaluate trust—in all its separate parts—person by person

WHAT TYPES OF TRUST CAN YOU THINK OF?

- Types of Trust:

Person?

- Types of Trust

