

Facing fears helps.



Trauma can rewire your brain's fear system.

Your brain has a built-in security system that sounds an alarm whenever there is danger. The alarm is your feeling of fear or belief you're in danger.

Trauma can rewire the security system, so the alarm goes off even when there's no danger. It's like a car alarm that goes off whenever a truck passes.

The goal isn't to get rid of your alarm system- it helps keep you safe from danger! The goal is to help your brain relearn what is really dangerous.



But your brain can relearn what's dangerous and what's safe when you safely face your fears.

- 1** Make a list of the **SAFE** things that your brain's alarm system is telling you to avoid. These can be thoughts, situations, places, emotions, or other things that remind you of the trauma.
- 2** Order them from least stressful to most stressful.
- 3** Face the **LEAST** stressful thing. Bring someone for support if that helps. Stay in the situation until your fear goes away by at least half or you begin to learn the thing is not really dangerous.
- 4** Keep practicing until you believe you've conquered it.
- 5** Celebrate your success, and try the next thing on your list! Look for chances to practice things on your list, even if they're out of order.