

How to heal

Generational Trauma by @biancamceruta

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A post shared by Bianca Ceruța | Healing guide (@biancamceruta)

Symptoms

Symptoms of generational trauma can be mistaken for other joint disorders that cause denial and often make treating challenging as you don’t recognize it. People can react to traumatic events and do not recognize the consequences. Symptoms can be psychological, physical, or behavioral, depending on the circumstances and experience of family members.

Symptoms of generational trauma include:

- Anger, frustration, and irritability
- Lack of trust
- Emotional numbing and depersonalization
- anxiety and depression
- Memory loss
- Fear of death and injury
- Hypervigilance
- Poor self-esteem or insecurity
- Isolation and withdrawal
- Nightmares
- Unresolved emotions and grief
- Inability to form healthy relationships

Interesting links

- https://psychicare.com/what-is-generational-trauma/
- Bouddhism is a religion and a phylosophy