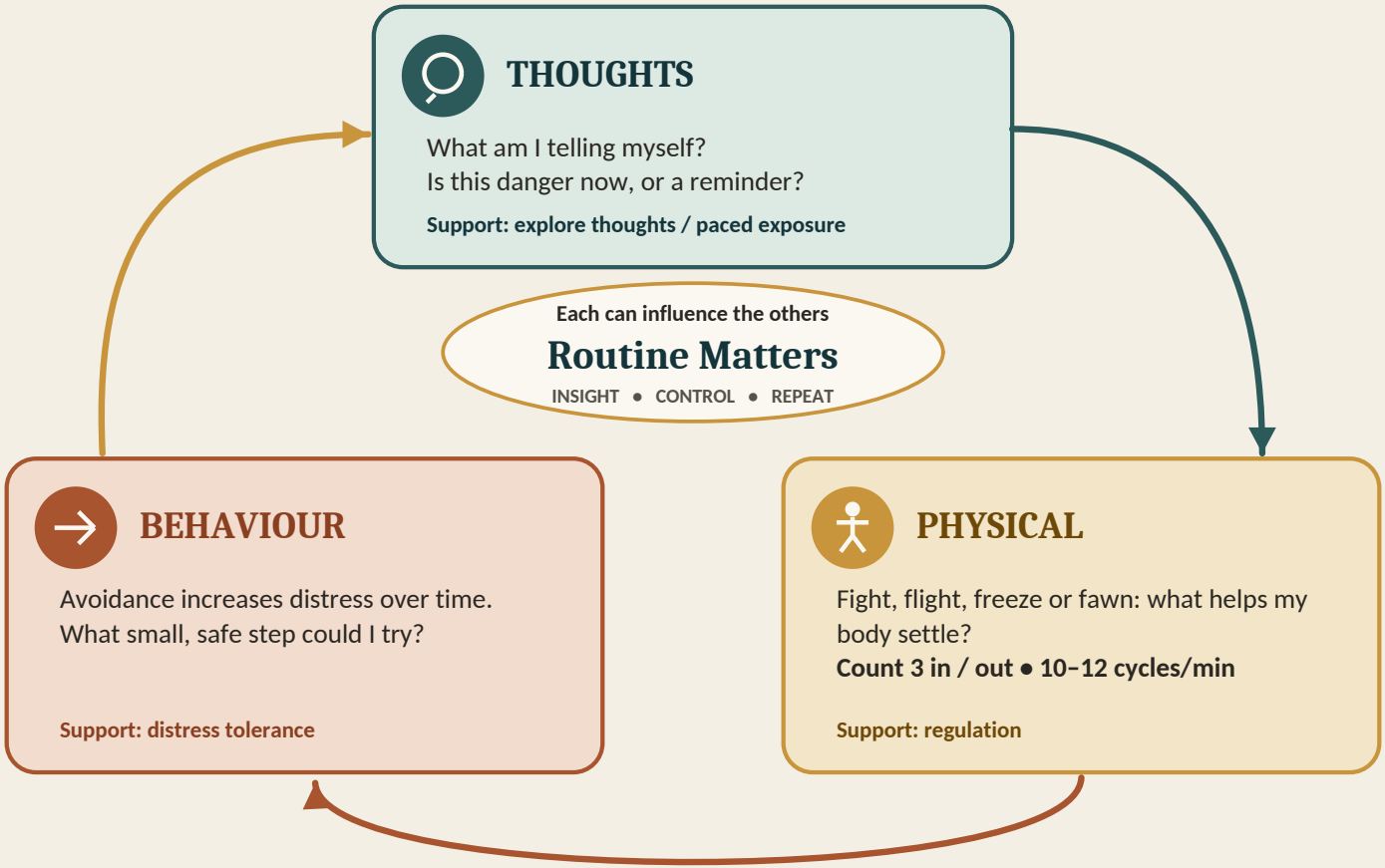
Trauma Triad

A conversation map for thoughts, body responses and behaviour

SIMPOIESIS
Humanity at the heart



When old danger is stirred

Repeated instability can make chaos feel familiar; there is patterning in chaos that a person learns to expect. Old responses may return when something resembles past danger. Age alone may not show how old someone feels then. Explore together, rather than assume.

Start with the person's story

Name what is happening. Validate why the response makes sense. Normalise stress responses without dismissing what happened to this person.

Finding the next step

Notice feelings in your body and your thoughts. Use insight to choose one action within your control. A healthy routine can widen your window of tolerance (what you can manage) and support regulation. Small steps often create change.

An ABCDE lens to explore together

A Activating event
What happened?

B Belief
What did I tell myself?

C Consequences
Feelings, body and actions?

D Discuss
Can we examine it together?

E Evaluate
Could another response help?

Ask: "What were you telling yourself?"

Small supports: notice the body • regulate • routine • move • connect • recognise strengths

This is a conversation guide adapted from Dr Tracy Westerman - Indigenous Mental Health, Complex Racial Trauma and Attachment 2026.

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