

Anna Parmar, McDaniel, A1, 04-04-202

# Facing Past Trauma And Letting Go

## Dear Reader,

I don't think anyone can really forgive and forget. How is it that for some it's easy? I have tried to forgive the people who have hurt me but I can't. It seems impossible. I've gone through so many therapists and I felt like nothing is working, learning how to cope with the trauma in my life. You might feel the same, and even though it might not feel like it's working, it's teaching you how to live with it. One thing that I've found that helped was talking to a safe adult. It wasn't easy to find a person but it did end up helping. I don't talk about the bad things that happened when I was little because I'm still not ready to tell anyone. I held so much in that it wasn't healthy for me and I ended up in a really bad state of mind. I want you to know that you are not alone and there are people out there going through the same thing as you.

**“There are all kinds of addicts, I guess. We all have pain. And we all look for ways to make the pain go away.” — Sherman Alexie**

# Letting Go Is Not Easy

Do you ever wish you could let go of the trauma you had when you were a child? Growing up people might say “Just get over it, it happened a long time ago why haven’t you forgotten about it?” It’s not always easy to let go of the trauma that happened in your past. This increases your risk of so many disorders such as, PTSD, anxiety, depression, bipolar disorder, etc. People might also lean on drugs and alcohol to help soothe their pain they might be having. Childhood trauma also changes the structure of your brain. These are just multiple reasons that could be the reason why it’s so hard to let go.

A study in 2019 was to measure childhood trauma and how bad it affected that person. The researchers in this study brought in 354 outpatients and 100 healthy controlled people. The scores indicated the outpatient suffered a higher rate of traumatic childhood events than the healthy controlled people. The two most types of trauma that were reported were emotional trauma that had a percentage of 59 while the other common trauma was physical neglect which had a percent of 54. There is still more research that needs to be included for this study.

People often don’t know how to cope with the trauma that happened in their past so they lean on drugs to help them ease their pain. When using drugs it helps ease their minds. At Grady Memorial Hospital in Atlanta, GA held a study with 587 participants and collected data. The results for substance abuse was that 39% of the participants used alcohol, 34.1% cocaine, 6.2% heroin/opiates, and 44.8% of participants used marijuana to help them cope with the trauma. The study concluded that childhood traumatization and substance use both show a high outcome of developing PTSD.

Childhood trauma changes the way your brain develops, when children and teens suffer from any kind of trauma can lead to the brain development being altered which interrupts and leads to the functional impairments. Trauma can lead to the affect of your mental, emotional, and behavioral health later in adulthood. This is why children who are suffering from some type of trauma need to get help before they get into adulthood. It is very important that people know the understanding of trauma and brain development.

In the end, childhood trauma is not easy to let go of. Childhood trauma can lead to a lot of mental and physical problems as well as developing bad habits. People who suffer from this type of trauma don’t know how to cope with how they feel/act. It’s not a bad thing for people to try and seek out help. The other people who have not suffered from childhood trauma don’t understand why it isn’t easy for people to let go and heal.

Stress

shape

you

And

end up shaping the rest of our lives

changing mental functioning

impact

our own

choices

risk of mental health issues

addiction

life expectancy

post

## Dark Times



**When Mom tells me I need to go talk to  
my therapist**

**Isolation finally broken, seeing the light**



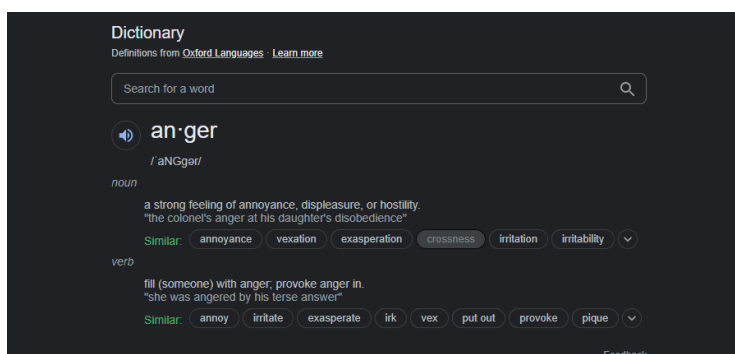
# Why

April 20th, 2022

Dear Diary,

As soon as I thought things were getting better they stopped. I get these waves of depression and anger about everything. My anxiety has gotten worse and I can barely breathe anymore. I need to find something to help cope with my anxiety, but I can't find anything to help. I'm tired of being on crutches and wearing a knee brace all the time too. Since having my first knee surgery I'm constantly being cautious of what I do and how I do things.. For years I've had to deal with this pain. I often find myself daydreaming about what happened that night when I completely destroyed my knee. It caused a lot of trauma for me mentally. My family, friends, and doctors tell me that my knee is fine and that it will get better. Letting go of that night is not easy. Yes, I know I have to face the trauma to my knee. I've never told anyone how my accident changed me mentally. I often hold my frustration and anger in for a longtime before I end up having all the emotions explode out of me. When I found out I have loose ligaments it got even harder for me mentally because I have this voice in my head that's always telling me to be careful doing things or I even chicken out on doing things.

write soon, Anna





## *Endnotes*

*One emotion I experienced while writing "Facing Past Trauma And Letting Go" was anger because I haven't learned how to let go of some of the trauma that I had when I was a child. My family has tried to help me fight this anger that's inside me but it hasn't helped at all. I've always had a hard time understanding why I can't let people in to help me and I think It's because some people in my family don't think anything is wrong with me.*

*After writing "Facing Past Trauma And Letting Go" I now feel content because when I first started to write this my anxiety would get really bad. I still don't feel really good about my writing but I think It's good enough. Writing about this really showed me how I should get help.*

*If I rewrote "Facing Past Trauma And Letting Go" I would change how I wrote about things. I would write about the experiences I had and I finally let go of instead of the trauma that I haven't let go of. I would also go into more depth of how I let go of the things that happened when I was younger.*

## Work Cited Page

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