

Basic Assumptions & Trauma

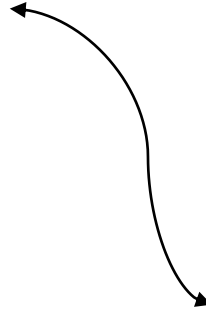
We typically hold some very basic assumptions about ourselves the world; however, after a traumatic event occurs, these basic assumptions are shattered.

Before Trauma

1. We are not vulnerable
2. The world is predictable & controllable
3. We merit self-worth

After Trauma

1. I Am vulnerable
2. The world is NOT predictable & controllable
3. I do not merit self-worth



Adapted from Janoff-Bullman, 1985

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