

GW: Trauma is and can be very relative to who you are in that moment in time

A: Maybe a trauma is something that shapes your actions in the present but stems from the past.

K: I'm reading of attachment styles and how they can affect our actions in our lives, how we react to events in life

GW: if we're thinking about the body, trauma is imprinted in the body's physical experience. There are layers to the trauma which we can look into and we can see different aspects of it

Si: it could be something self-generated or coming from the outside

GW: I think that much everyday experiences from my past and development, experiences which were of rejection or stress, have accumulated and shape the way I behave, as if there had been a trauma.

Are we dealing with what the trauma is in and of itself or are we thinking around how we deal with trauma through life? We need to pinpoint what the trauma is before we work or think with it now. So it's not so much explaining where and who it might stem from but finding what it is in and of itself. And it's not about how we deal with either.

I'm searching for a life event which we can all relate to. We all know what pleasure feels like but we also have individual memories and experiences of pleasure. Still we can relate to pleasure as a concept when we look at each other / hear each other.

Si: I'm finding it tricky to untangle trauma and how it informs how I deal even with trauma itself. But I'm thinking that one example could be "the fear of loss", as a common ground to work from

GW: Yes, yet I wonder if it works because it hasn't happened yet it's a fear or a fantasy but if it hasn't happened it's not in the body.

The reason for which I want to find common language.