



**The Impact of Trauma on Marriages**  
 Marriage Webinar

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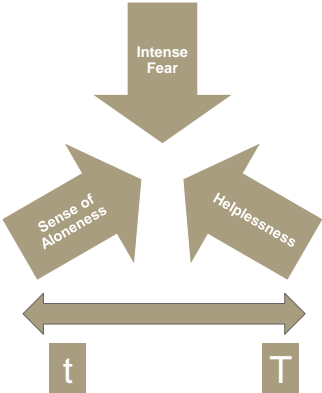
**The past IN the present.**

Sometimes our present marital struggles stem from and are colored by past experiences.

**Past trauma has a present effect.**

**Our Aim:** To bring awareness of the effects of trauma so couples can understand each other better and support one another through the aftermath of trauma.

**What do we mean by trauma?**



**What are the effects of trauma on marriage?**

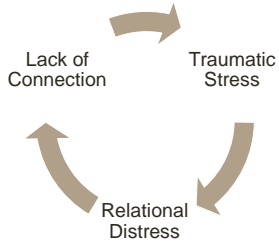
- Within oneself
- Re-Experiencing
- Numbing & Avoidance
- Affect Dysregulation
- Damages view of self and other
  - Shame
  - Distrust

**What are the effects of trauma on marriage?**

**Between Spouses**

- Emotional eruption seems quick and chaotic.
- Feelings of helplessness and hopelessness.
- Arguments without resolution.
- Avoidance of talking through issues.
- Decrease in emotional and physical intimacy.
- Difficulty receiving love.

## Past trauma has a present effect



1

### Dealing with the past trauma.

- Education
- Professional counseling

2

### Accepting the trauma of the past.

- Review resources together
- Awareness – Self & Other
- Establish safety – Self & Other

## Moving Forward



## There is Hope.

A critical component of recovery is drawing a circle around your relationship and working together to find ways to establish safety in the circle, together combating effects of trauma.