

Potential Causes of Trauma

Aesthetic Awareness	Defamation of character	Inability to Stand up for yourself	Poisoning
Abandonment	Demanding parent/teacher	Injury	Racism
Abortion	Divorce	Kidnapping	Rejection
Addiction	Embarrassment	Legal Problems	Ridicule
Adoption	Emotional, physical or Sexual Abuse	Litigation	Physical Confrontation
Alcoholism	Empty Nest Syndrome	Living in Fear	Physical Disfigurement
Assault	Failed Surgery	Loneliness	Poor Business Decision
Bankruptcy	Feeling Unloved	Miscarriage	Poverty
Being Robbed	Financial Stress	Motor Vehicle Accident	Single Parent
Betrayal	Fired or Laid Off	Natural Disaster	Suicide of family or friend
Bullying	Foreclosure	Negative Self Talk	Witnessing Terror
Cancer	Holocaust Survivor	Neglect	Unemployment
Coming Out (sexuality)	Illness	Oppressive Spouse/Boss	Unresolved Injury
Death of a loved one	Illness of a loved one	Overdose	