



11 Symptoms That You Have Unresolved Trauma

Understand Trauma, Diagnose Your Trauma Level, And Take Action

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What Is Trauma?

Examples of Trauma

- Accidents, shocks, crime
- Abuse of any kind (sexual, emotional, or mental abuse, mobbing, bullying)
- Prenatal and birth complications
- Extreme betrayal
- Bankruptcy, huge financial losses
- Loss of a loved one (human or animal)
- Difficult break-up or divorce



Trauma Defined

- In a traumatic situation, the time seems to stop for you, and you probably cannot even breathe for a moment
- The trauma creates an energetic potential at the quantum level. And that creates a huge energetic blockage at the cellular and DNA level. This is a soul fragment of you that holds the traumatic experience
- These blockages are “trauma trigger buttons” that are pushed in any similar future event. The more these buttons are pushed, the bigger they become – and your fear-based reaction also becomes more extreme every time.



The “Trauma Brain”

Why you cannot “talk away” trauma

- The “trauma trigger button” sits as an energetic blockage at the cellular and DNA level.
- You cannot “talk” an energetic blockage away. It must be cleared at the quantum level.
- Trauma is not a mental symptom to “cope” with. Learning how to “cope” with trauma is treating the symptoms.
- Trauma must be cleared at the quantum level; transmuted to the quantum field.



What Are The 11 Symptoms Of Unresolved Trauma?

#1: You are procrastinating and in a state of avoidance

- At the core of each trauma is fear
- Fear wants to keep you “safe”
- That’s why fear wants to keep you where you currently are, and you avoid everything to keep yourself “safe”
- So, you don’t work on the next steps to live your soul’s mission
- The frequency of the trauma keeps you attracting the same situations, people, and events repeatedly



What Are The 11 Symptoms Of Unresolved Trauma?

#2: You are afraid of being judged and what others think of you

- Trauma leads to low self-esteem and a lack of self-love
- Recognition from outside of you, from other people, is important
- If this recognition is not happening or feedback is even critical or judgmental, trauma triggers are pushed, and the reaction is fearful at first and can turn into anger



What Are The 11 Symptoms Of Unresolved Trauma?

#3: You suffer from severe fear, anxiety or depression

- At the core of each trauma is fear
- Every time your “trauma triggers” get pushed, the fear leads to an extreme fear-based reaction or anxiety. Usually more extreme each time
- For others, it seems that the anxiety is “irrational” given the situation
- Over time, this can turn into depression



What Are The 11 Symptoms Of Unresolved Trauma?

#4: You tend to emotional outbursts and mood swings

- Whenever your trauma triggers are pushed, extreme emotional reactions can be the consequence
- Especially if you experienced abuse of any kind, emotional outbursts and mood swings often occur



What Are The 11 Symptoms Of Unresolved Trauma?

#5: You often feel offended by things other people say or do

- If you feel offended by something another person says or does, your trauma triggers were pushed and reactivated, and you feel offended
- Cleared from past trauma, there is no way to feel offended by other people's words or actions



What Are The 11 Symptoms Of Unresolved Trauma?

#6: You are unable to form stable and close relationships

- The underlying fear of any trauma, especially any abuse-related trauma, leads to a lack of self-esteem and self-love, and a lack of trust
- With that, there is always fear when it comes to trusting others and forming close relationships
- The lack of self-esteem and self-love that comes with trauma makes it challenging to manage conflicts in a constructive way



What Are The 11 Symptoms Of Unresolved Trauma?

#7: You have trauma flashbacks, nightmares, and lack of sleep

- Unresolved trauma, primarily centered around abuse, accidents, or crime, can lead to flashbacks and nightmares
- The related lack of sleep keeps you in a state of avoidance and procrastination



What Are The 11 Symptoms Of Unresolved Trauma?

#8: You consume drugs or you are overeating

- As trauma leads to fear, a lack of trust, undeservedness, and often shame, self-blame or guilt, pharmaceuticals, alcohol, or other drugs are used to cover things up
- You abuse drugs or alcohol and use these to hide your pain
- You are overeating or eat when you are emotional



What Are The 11 Symptoms Of Unresolved Trauma?

#9: You have thoughts and beliefs of shame, guilt, self-blame

- Especially with abuse-related traumas created during childhood, shame and guilt patterns were projected onto them
- If these are not cleared, the innate belief of being bad, worthless, or of any value remains until the trauma is cleared
- Extensive self-blame and unnecessary apologies



What Are The 11 Symptoms Of Unresolved Trauma?

#10: You have a hard time to concentrate and have memory issues

- Trauma can lead to a highly sensitive nervous system which makes it hard to focus and concentrate
- Trauma can impact different areas of the brain, such as the hippocampus, amygdala, and prefrontal cortex
- These brain areas are strongly associated with the memory function



What Are The 11 Symptoms Of Unresolved Trauma?

#11: You feel overly empathic

- Trauma can lead to a highly sensitive nervous system which is attuned to threat
- The outer symptom is being an empath while, in reality, it's a trauma patient's patterned, highly sensitive nervous system



All 11 Symptoms Of Unresolved Trauma

1. You are procrastinating and in a state of avoidance
2. You are afraid of being judged, and what others say or think about you
3. You suffer from severe fear, anxiety or depression
4. You tend to emotional outbursts and mood swings
5. You often feel offended by things other people say or do
6. You are unable to form stable and close relationships
7. You suffer from trauma flashbacks, nightmares, and a lack of sleep
8. You are consuming drugs, or you are overeating
9. You have thoughts and beliefs of shame, guilt, self-blame
10. You have a hard time to concentrate and have memory issues
11. You feel overly empathic



How Many Trauma Symptoms Do You Have?

- Do you want to keep your trauma?
- Or do you want to get rid of them and get back in the driving seat of your life?

Remember: You cannot “talk away” trauma



What Trauma Clearing Does For You

- Clear your past traumas completely at the quantum level
- Increase your energy frequency significantly to attract different people and different situations
- Download new programs from your Higher Self
- Allow you to live from an open heart without fear
- Make you feel much lighter; clear the source of physical problems
- Annihilate procrastination as this is the fear of taking action because of past trauma
- Clear past issues with money, lack, and limitation
- Allow your soul to close all chapters on all painful, past experiences
- Allow you to focus on what you desire to create



Trauma Clearing is the doorway to closing past painful experiences and stepping into your divinity to follow your life's mission!



How Is A Trauma Clearing Different?

- Clearing the root causes–the energetic trauma buttons–at the cellular and DNA level instead of treating the symptoms
- Remember this –you cannot talk away a trauma
- It must be cleared at the quantum level



Empowering Human Potential Tamara Schenk

- Background in the corporate world for more than 25 years
- On a journey of living my soul's mission for more than 15 years
- Founded Energy Field Mastery in 2019

Qualifications

- Licensed Certified Auric Clearing Master Healer
- Licensed Certified Trauma Clearing Master Healer
- Advanced Karma Clearing Practitioner
- Advanced DNA Activation Practitioner
- Advanced Soul Realignment Practitioner



Act Now And Get Your Trauma Cleared

- If you desire to clear your past traumas and live your life trauma and drama-free, send me message
- We will analyze your specific situation and tailor your Ultimate Trauma Clearing Program to ensure optimal results for you.

Contact Details



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