

The traces of bad experiences and traumata

When people experience terrible life-threatening situations it's normal that desperation, fear and bad memories arise. After a few weeks these feelings or memories should reduce clearly. If not it could lead to psychological disorder. Hints for a psych. disorder could be:

- periodic memories of the bad experience, that can't be influenced (pictures, sounds, feelings, smells)
- periodic nightmares
- permanent high strain, high nervousness
- missing ability to relax
- decreasing ability to concentrate
- getting tired quickly
- sense of guilt and shame
- missing feelings and being stump
- disinterested for example towards your family members, apathy
- avoid situations that remind on the terrible situations
- sleep disorder
- irritability
- depersonalization

If you have some of these symptoms it's important to look for help.

It's important to understand that it's not deficit to show these symptoms as reaction on these experiences but a normal reaction on a unnormal experience.

To avoid that these symptoms influence your daily life too much, its necessary to look for professional help.

Psychotherapist or psychiatrist know about these symptoms and they met many people with similar bad experiences. They have some special techniques of the psychotherapy to releaf the symptoms and there consequences. It might be possible to use supportive drugs/ medications.

To avoid a chronification of the symptoms, it's helpful not to wait with the search for a therapist too long.