

Hyper-arousal and Numbing

Either hyper-arousal or numbing can be caused by trigger events.

Symptoms of hyper-arousal:

- Frequent irritability or anger.
- Sleep problems.
- Sensitivity to noise, pain, touch, temperature, other stimuli.
- Increase heart rate or blood pressure.
- Agitation – tremors, gastric distress, incontinence.
- Hypervigilance – constantly watchful.
- Immediate responsiveness to situations without taking time to think them through.
- Lack of self-control leading to self-shaming.
- Inability to assess situations accurately.
- Problems with focus and concentration.
- Problems with problem-solving because it is hard to maintain attention.
- Difficulties calming self.
- Feeling “crazy”.
- Memory difficulties – particularly short-term.
- Substance use and/or abuse.

Ways of numbing:

- Self-mutilation
- Becoming out of touch with surroundings.
- Staring off into space.
- Becoming an observer of your situation rather than a participator.
- Fantasy and daydreaming.
- Magical thinking.
- Inability to concentrate.
- Participating in high-risk activities.
- Falling asleep too easily.
- Compulsive behaviors.
- Acting immature
- Confusion.
- Seeing shadowy figures, particularly when falling asleep or awakening.
- Being on autopilot.
- Feeling as if you are watching your body from outside.
- Rocking back and forth for self-soothing.