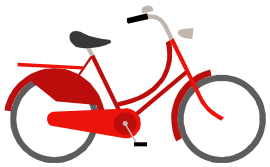
Explaining the Trauma Narrative



It's like when you fall off a bicycle and skin your knee on the sidewalk, and all that dirt and germs get into the wound. You have two choices about what to do with that wound. You can leave it alone, not wash it off or put any medicine on it, and hope that it gets better all by itself. Sometimes that works fine. But other times, if you do that it will get infected. Infections don't usually get better by leaving them alone; they get worse and worse. Your other choice is to wash the wound out real carefully, getting all the dirt and germs out of there. That stings, it hurts at first, but then the pain goes away, and it doesn't get infected, and can heal quickly. In the end, once an infection starts, it hurts a lot less to clean it out than to let it get worse and worse. Creating the trauma narrative, or telling the story of what happened, is like cleaning out the wound. It might be a little painful at first, but it hurts less and less as we go on, and then the wound can heal. Just like when you clean out a wound, if you rub too hard or too fast, it will hurt a lot more than if you go more carefully. We try to go at just the right pace in telling your story so that it never hurts more than a little bit. You can let us know at any point if we are going too fast for you, and we will slow down.

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