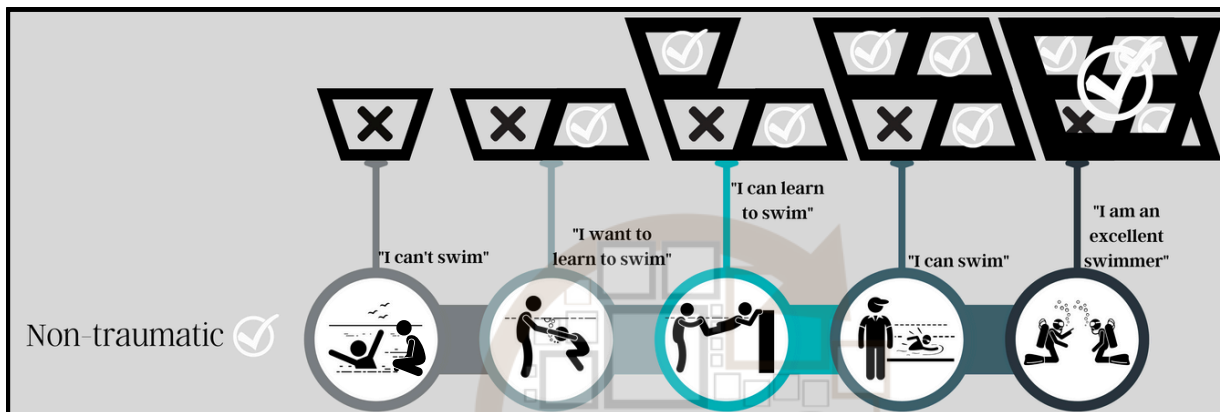
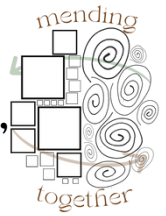
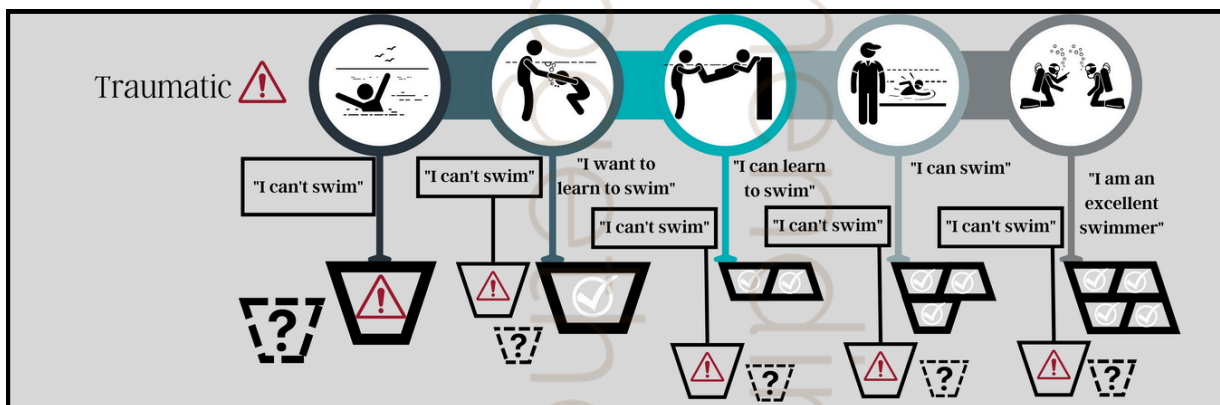


Trauma EXAMPLE #1: Swimming

Not “overwhelmingly intense” vs “overwhelmingly intense”



- Event was NOT overwhelmingly intense. Therefore, while negative, information continued to be processed as “normal”
- Negative event is stored adaptively
- NO creation of maladaptive neural network due to proper processing



- Event IS overwhelmingly intense. Therefore information is processed and stored fragmented and incompletely.
- Result is a maladaptive memory, that is much higher intense when re-accessed later compared to a “normal” memory
- May develop into a maladaptive (traumatizing) neural network if not adaptively processed later