

Parts models from chronic trauma especially in childhood

- Children who experience both love and abuse from the same caregiver get mixed messages. When the caregiver is loving, children push away memories that the person was abusive. When the person is abusive, children push away thoughts that this adult can be loving. Children then either hate the adult or love him.
- Children who have been abused, often repeat this pattern with their kids. They love their kids deeply, but when angry they lash out and forget that they love them. They still separate these feelings so when they remember one, they forget the other.
- It's best to keep in mind all your feelings and memories so you can make healthy decisions in your relationships.

Past

CHILD RECEIVING LOVE



EVENING – PARENT ON GROG/CHILD IS ANGRY



LATER AT NIGHT – CHILD IS SCARED



Children need love, so when they are shown love, they are open to it. When they are abused, they shut down or fight for protection. This adjustment helps them get their needs met.

Present

LOVING RELATIONSHIPS



HAVING A FIGHT



PARTNER GETTING SCARED



This situation can repeat in adulthood. Instead of the caregiver, a person's partner can be loving and also abusive. When you need love, you overlook the scary part of your partner and leave yourself vulnerable to further abuse.

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