

Forum:[Hack Forums](#)

Thread: [A best way to cope with a trauma? By trying to accept it?](#)

CHUZI - December 24, 2019, 5:46 pm

I've suffered some trauma during my childhood and early adulthood, I never talked about it, I'm still not fully ready, still processing all of it. It's probably already too old thing and nobody would wanted to talk about.

It's been over like 5 years, I've moved out of the city far away and I've started a new life. I've followed those people actively for a few months, see what are they up to and I still do check on them, like once half year. It's been a rough days what I've been through.

The thing is, I'm certain those people are still following up on me, not as they used to, no actively but they do remember me clearly. I'm still scared of all of 'em of what they did to me, I can't still understand why.

Anyone has similar experience? Now I know you guys are mostly teenagers and not any medical experts but opinions are welcome.

What would be the best way of coping with it? By accepting it? Seems extremely hard to me, still, until now.

At a time I do wonder if I'll remember them my entire life.

Hope y'all having nice holidays, this is a little rant so I'm sorry for that too.

kutaa - December 30, 2019, 3:54 am

I got out of an abusive relationship about 2 years ago and I feel like my ex is stalking me, watching every step I take.

You've probably heard this at least 10 times, but go to a therapist or psychiatrist.

There, you'll work with:

- Accepting the trauma. Allowing yourself to relive it so you can learn that it can't hurt you anymore, that it's not present anymore.
- Dissociation
- DBT
- CBT

I, personally, have never gotten help with my trauma so I can't say for sure what works and what doesn't, but talking to someone you trust, who's willing to listen, can actually help a lot... At least for the moment, but in the long run, it's better to seek professional help.

If you don't have anyone to talk to, you can always contact me on Discord (Lumi#1111) or Steam (id/buzzworthy)

x

doth3righthong - January 10, 2020, 3:55 pm

It's gonna take some time and have its huge leaps forward and setbacks. Basically though the best way of coping with trauma is by building solid trusting relationships with others and finding people to relate to. Doesn't demand being popular or super outgoing if that isn't your style, but more meeting your natural and unique basic needs.

Bob the Builder - September 21, 2020, 7:18 pm

(Dec 24, 2019 06:46 PM)CHUZI Wrote: [\[CITE\]](#) I've suffered some trauma during my childhood and early adulthood, I never talked about it, I'm still not fully ready, still processing all of it. It's probably already too old thing and nobody would wanted to talk about.

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A traumatic event occurs when a person is in a situation where there is a risk of harm, in such situations, people feel helpless.

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trauma causes frightening or a lot of stress. In order to heal emotional trauma, you'll need to resolve the unpleasant memories and feelings you've long avoided.

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Be patient and understanding that healing from trauma takes time.

ethelooking - September 25, 2020, 4:24 am

Try this tips:

Give yourself time. It takes time - weeks or months - to accept what has happened and to learn to live with it.

Find out what happened.

Be involved with other survivors

mindshift5 - October 2, 2020, 11:14 pm

Therapy is the way to go mate, cos you cannot guide yourself by yourself.

You need someone who can help you open up and move on from this

You can not do it alone

OnePiece - October 2, 2020, 11:52 pm

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Talking about it to people you trust helps you in overcoming it. I've been there and was depressed for years before I managed to talk to my family and friends about it. It actually helped me to accept what happened, it's not good to bottle it up and keep it to yourself.

pipito - October 2, 2020, 11:57 pm

I really think you should talk to a professional, this is not the kind of thing you can overcome on your own, talking about what you feel with someone objective will help you cope with this situation. In your place I would look for a good therapist and additionally, I would meditate to find my inner peace.

Starks - October 4, 2020, 7:38 am

Start by forgiving your oppressors. You also have to accept that it happened and you can't change that. Now live the present and focus on the positive side of your life. Wish you well though.