

# Is that the reason why I cannot deal with stress after a traumatic experience?

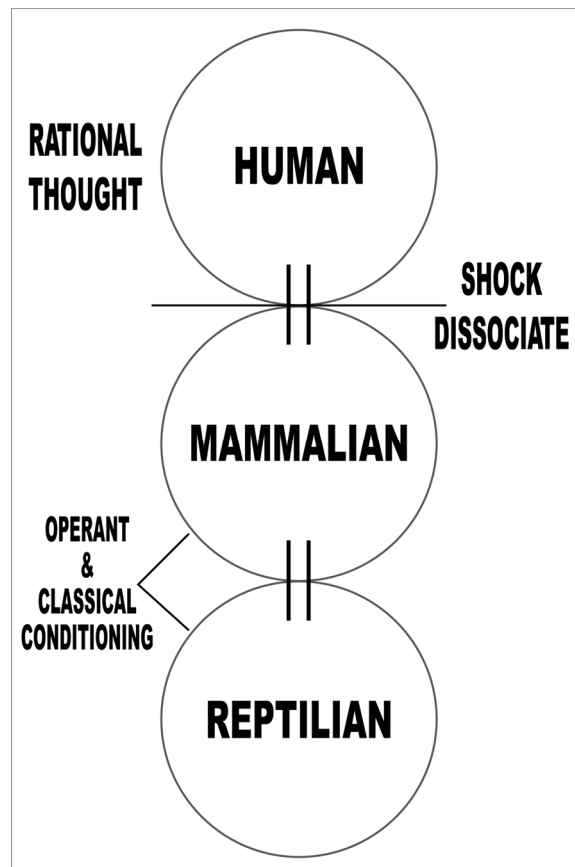


*Learn how to overcome the causes and  
development of Post-Traumatic Stress  
Disorder and how to cure it*

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## **Is that the reason why I cannot deal with stress after a traumatic experience?**

Post-traumatic stress disorder, or PTSD, has been called many names over the years. It was known as shell-shocked in World War I and battle fatigue in World War II. The term post-traumatic stress disorder became well known during the war in Viet Nam. It simply means a person has experienced an overwhelming trauma and there is a delayed reaction that occurs days, months, or years after the original stress has happened. However, the dynamics of post-traumatic stress disorder are very complex.



The Three Brains

I believe there are two ways to develop Post-traumatic stress disorder. One is an overpowering, unusual event that is shocking to the human emotional system and blows the system out, such as the Oklahoma bombing or the Twin Towers in New York. The second way to develop post-traumatic stress disorder is by experiencing a host of smaller or more moderate abuses over an extended period of time, such as a person growing up in an alcoholic family.

PTSD is based on very natural phenomena. Imagine a person who becomes involved in a car accident. That person will immediately go into fight, flight or freeze mode, which is a Reptilian Brain activity that I've talked more about in a number of other papers, including the Chemical Dependence paper. The heartbeat begins to race, the pupils dilate so the person can see any other threat from the periphery, the muscles become taut, and insulin and adrenaline flow into the system. A person will fight, flight or freeze immediately, which takes them out of homeostasis (homeostasis is the ability to maintain internal equilibrium by adjusting its physiological processes). At that moment, they don't have any spare time for regular activity. If the person is digesting their food, they will stop digesting; or they will lose their sense of hunger, even if they were hungry a moment ago.

During this period of time, a person will not be in touch with their feelings because they have other business at hand. After the accident, it takes several minutes until the feelings and reality of what has occurred hits. All of a sudden they will shake when they realize how they feel. That is normal and natural. What makes it abnormal is that the emotions get caught in a number of areas in the body and mind for an extended period of time, which prevents the person from returning to homeostasis. In fact, it gets caught in every single cell of the body. To understand post-traumatic stress disorder, we must discuss what symptoms characterize the disorder and then understand some of the basic facts of brain chemistry.

<b>UNCONDITIONED STIMULUS</b>	<b>UNCONDITIONED RESPONSE</b>
<b>X FOOD</b>	<b>X SALIVATE</b>
<b>CONDITIONED STIMULUS</b>	<b>CONDITIONED RESPONSE</b>
<b>X BELL</b>	<b>X SALIVATE</b>

Unconditioned and Conditioned Stimulus