

TRAUMA AND IT'S CAUSES

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Trauma is an emotional or physical response to an intensely stressful, dangerous, or life-threatening event. Causes span events like physical and sexual assault, growing up in an abusive home, serious accidents, chronic childhood abuse/neglect, natural disasters, and the sudden death of a loved one.

Traumatic events typically challenge a person's fundamental sense of safety, leaving them feeling overwhelmed and helpless. While two people can experience the exact same event, their traumatic response depends heavily on their coping tools, available support, and previous life experiences.

Common causes and sources of trauma include:

- **Violence and Abuse:** Physical and sexual assault, domestic violence, emotional abuse, child abuse, and neglect.
- **Accidents and Medical Events:** Car crashes, severe workplace accidents, and life-threatening medical diagnoses or sudden injuries.
- **Disasters:** Natural events like earthquakes, floods, and wildfires, as well as industrial or chemical accidents.
- **Loss and Conflict:** The unexpected death of a loved one, experiences of war, combat, terrorism, and torture.
- **Systemic and Chronic Stress:** Ongoing harassment, systemic discrimination, human trafficking, and severe poverty.
- **Witnessing Trauma:** Experiencing vicarious trauma or witnessing harm happening to others.

When the symptoms of a traumatic event (such as flashbacks, severe anxiety, or avoidance) persist and interfere with daily life, they can develop into conditions like Post-Traumatic Stress Disorder (PTSD). To explore risk factors and resources for support, visit the [Mayo Clinic PTSD Overview](#) or the [American Psychological Association Trauma Topic](#).