

CONNECT M3	
Does Trauma Keep Us Quiet?	Time

TB-5465B

Is trauma stopping people from speaking out - on a massive scale?

- 1 There's so little appropriate response to the countless things that are wrong with our current world, that I've started to look for a possible explanation in an unexpected area. That area is – trauma - on a worldwide scale.

I wonder whether trauma responses are keeping people quiet. There's an absence of appropriate responses to what's going on – a collective lack of affect is another way of putting it. I wonder whether it's not just that people feel threatened by something that might happen to them now. Could it be they're affected – perhaps without even knowing - by threats from the past?



- 2 Trauma – of different forms and origins - affects a massive swathe of the people in our world. It's a rare person who isn't carrying trauma, which doesn't need to be from a massive event in our own lives. Trauma doesn't have a hierarchy – and it comes not so much from the event itself – the wound - but from the wounding - what happened after the event.

As often as not, trauma stems from what *didn't* happen after the event. Pushing emotions under the rug is so widespread, I would suggest trauma is the cause of most of the chronic pain and ill-health in our current society.

One of the ongoing results of carrying trauma – which continues years and even decades after the original wounding – is what's known as the trauma response. This is an unconscious response involving the nervous system, designed to protect us. It does a great job of keeping us safe, whether we respond with one of the two best known trauma responses – **fight** or **flight** – or one of the lesser-known responses - **freeze** or **fawn**. The problem is, the

trauma response doesn't cease to be enacted in the body once the threat is no longer facing us. Someone whose original trauma was due to a violent or unpredictable parent, will often go into a trauma response. It will be the same response their body learned in childhood – years and even decades later. It's important to understand that what feels familiar to the body, feels safe and what feels unfamiliar to the body, feels dangerous - even if it's not.

This is an extremely brief summary of trauma response. At the end, are some useful resources that explain trauma and trauma response – including fawning - in a lot more detail. These resources also signpost to advice and solutions.

I had no idea until recently that trauma, stored in my cells for decades, could cause me to have physical symptoms – including severe pain – which is why I said above, trauma is the root of a lot of dis-ease.

- 3 So, I'm wondering, might trauma response – and trauma re-enactment – be part of the reason so many dreadful events in the world are taking place – and part of the reason they're being accepted as almost normal? Are we all becoming numbed by what happens – because we're unable to react in the way we should?

Specifically, I'm wondering whether there's fawning going on – on a mass scale. Fawning is the least talked-about trauma response - but may well be the most common of the four.

Fawning is the most difficult trauma response to spot because it looks as if we're being nice. Fawning is about trying to keep other people happy - or at least, stop them from being as unhappy. It's an attempt at appeasement – to prevent them from causing us more pain. You could call it by another name – sucking up – or appearing to suck up.

It's not a nice thing to do. It doesn't arise from a generous, giving approach in which making people happy is the aim. Fawning isn't about making people happy – it's about attempting to keep them happy – and that's quite different. The aim isn't other people's wellbeing – it's our own safety and protection. Like the other trauma responses, it's an unconscious behaviour – usually learned at an early age and continuing into adulthood - and it originates from a basic instinct to survive.

For someone who fawns, when they meet someone who reminds them of their early painful relationships, their unconscious thought is that they've seen this situation before and they know how to act with this person. They fawned before – it kept them safe, or at least, feeling safe – and they'll fawn now. It's familiar to the body.

Setting boundaries and saying no - feels dangerous because it's unfamiliar to the body. Is this why there's so much "going along to get along" reaction – because it's about survival? Is fawning a predictable trauma response, when faced by people who act as if they can do as they please – who threaten if challenged and appear to be unaccountable?

After all, if someone is complicit in killing thousands of people, they won't think twice about killing us. Standing up to them is not an option if we're stuck in trauma from years – or decades – ago. Feeling safe is the number one priority.

I'm wondering if fawning explains the apparent inability of so many people to call out what's happening – and to label it accurately? As I write this, the BBC has been found to have deceived the world about what Donald Trump said in his speech on 6Jan21. ([LINK 3a](#)) ([LINK 3b](#))

This should be the end of the BBC – but I suspect it won't be. There seems to be a mass lack of realisation – or at least, admission – that the BBC deceived the world. There's also fear that – if the BBC crumbles as a result – the world will end. Personally, I don't think so!

Anyone would think the BBC were our mother and father and – as a child – we have to forgive their deception, give them a chance to rebuild trust and wait for them to lie to us again.

But how will we know when they're lying – and when they're telling the truth? What if they deceive us about what's good for us and what's bad for us? Which is exactly what they did in 2020 – and have done ever since – about Covid. Instead of reporting facts, they've published the official narrative.

What would happen if we didn't fawn? What would happen if we all received an injection of courage and spoke our truth without fear?

Fawning comes at a heavy price – ourselves. When we're stuck in this trauma response, we're focused on what others think – about themselves and about us. We neglect ourselves – we don't prioritise our own needs, thoughts and feelings. Often, we don't even acknowledge we HAVE any.

So, that's what I think about this subject currently – but what do YOU think?

By: Helen King Contact CONNECT: [HERE](#)

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[3A](#) SKY NEWS AUSTRALIA: **The Corrupted Bias of the BBC** - [AN-5453A](#)

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[LINK](#) BOOK: **Fawning: Why the Need to Please Makes Us Lose Ourselves** - Dr Ingrid Clayton

[LINK](#) VIDEO: **How stored trauma creates chronic illness** - Irene Lyon

[LINK](#) VIDEO: **The Link Between Trauma and Hypervigilance** - Dr Alex Howard

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