

# Trauma -our mind's version of uneaten leftovers.

is *not* entirely this...

*"the past's emotional fight-or-flight responses that trickle into the present, as overly sensitive protection mechanisms."*

is *actually*

a more timeless **issue of uncomfortable** (not always), **undesirable, and/or collectively out-dated learning** (tiny memory details) **that got left over or mixed up for the closure & experience improvement kind.**

*This is not unlike what happens with left overs in our fridge, which can be eaten and healthfully digested later, thrown away untouched, repurposed for something before going sour, noticed later upon looking for something else, noticed when it begins negatively affecting something else, or left to rott and just continue... to... rot... (knowingly or unknowingly).*

**Trauma: Mental & Emotional**

**Leftovers:**

a collection of remaining memory detail, after most have been sorted through and either discarded or healthfully processed & stored in your mind, for later usage under similar circumstances.

most similar:

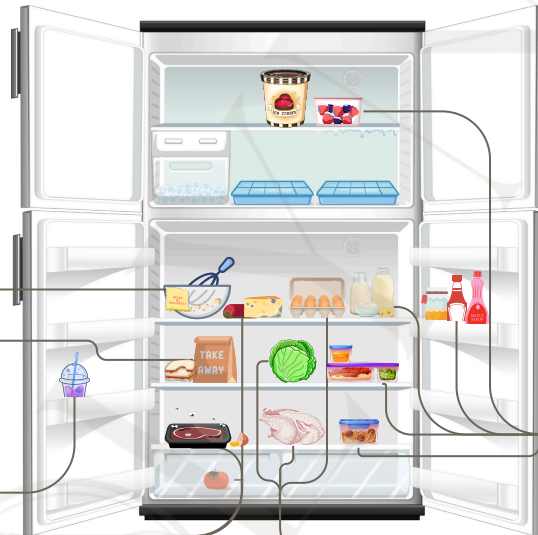
unprocessed memory details

similar:

ineffectively processed details

still similar:

incompletely processed details



**ineffectively processed details**

Details are *left to fester* in the mind (knowingly or unknowingly) can mix up details  
 it meant to save, with the ones it meant to compost  
 can run into messes later  
 when triggered by surprise sensory details in the future

**incompletely processed details**

The mind could be *missing info* or *isn't ready to face it* (ie. lack of attention, availability, or capacity to understand at the time, held in unconscious/ subconscious mind) vital for fully making sense of an experience and finding closure.



**healthfully processed details**

The mind *gets rid of what it no longer needs* (irregardless of state of the material; ie. spoiled or not) *and saves only less/non-perishable learning* lessons. These along with dashes of more timeless learning and learning staples,

are still meant to be refreshed with time, but ultimately kept in a regular supply, then work to continue making each future experience in life- or meal with food- a more cavalier/convenient process than those before it, regardless of perceived successes and/or failures.

**unprocessed memory details**

The mind *keeps all* situation-specific details intact and ready to be remembered when encountering anything similar.

This can go one of two ways- the triggering\* new stuff can helpfully sort the old stuff, or just cause you to trip over it and experience the unhelpful details from the past, in the present.

**About me:** Hi, I'm Carolyn, a biracial, neurodivergent EMDR Certified Trauma Therapist and former professional athlete. I specialize in complex trauma and *moving 'parts work,'* helping clients process and heal memory networks through EMDR therapy.



Trauma, or 'Spoiled learning,' in mind-body memory can always be salvaged and repurposed... unlike the contents of our fridge.

Understand your memories' 'leftovers' to heal and sustain your more confident and capable sense of Self

Memories are ongoing mind-body perspectives turned perceptions, whose those inter-sections shape intra-sectional meaning and beliefs about ourselves, our capabilities, and the world around us.