

ABOUT  
TRAUMA +  
NARCISSISM

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# Hi there!

My name is Jouleeyah and I am a Spiritual Healer.

This PDF file provides you with info about what I think you should know about trauma. Like everything in life this info is incomplete, of course, but I made sure I included everything that I find really meaningful. And what I share is based on my own experience after working with clients over the past 18 years (I started working as a Healer in 2003).

I hope you find this PDF file helpful to support yourself, and I send you much love.

Let me know if you have any questions. I always love hearing from you!  
You can contact me [here](#).

Smiles,  
Jouleeyah

# You can regulate your trauma

There are many descriptions of what trauma actually means. Here is how I would describe it (and how the "Center For Anxiety Disorders" would describe it): Anything that you have experienced as a physical, emotional or mental distress that has made you feel very hopeless, powerless and anxious can be considered to be a traumatic experience.

Here are the most common traumatic experiences of our current times: Having been bullied as a child; having a narcissistic parent or sibling; having been hit or abused by your parents; having experienced the unexpected death of a loved one; dealing with a life-threatening illness or injury.

Shock and denial are often typical reactions to a traumatic event. But you may also have long-term emotional responses to trauma such as:

- Anger
- Persistent feelings of sadness and despair
- Flashbacks
- Unpredictable emotions
- Physical symptoms, such as nausea and headaches
- Intense feelings of guilt, as if you are somehow responsible for the event
- A heightened sense of shame
- Feelings of isolation and hopelessness
- Anxiety, panic attacks, feeling frozen
- Burn-out and all types of chronic stress

In some cases - especially if you have a good relationship with your body or if you have healed your trauma but are suffering from post-traumatic stress - your response to trauma can also show up as financial instability. That is because unhealed trauma always looks for ways to let you know that it needs healing, and this need will show up somewhere in the physical dimension. So if your body feels fine, your unhealed trauma may choose to let you know on a financial level that there's something off.

Once you know how to regulate your trauma and your post-traumatic stress, what used to cause your suffering will turn into a strength and you can be well and feel safe again. And you will know how to use your energy to create a peaceful and successful life for yourself.

# About how your brain functions and the four F types

I think the following info is important for you even if you don't suffer from trauma or didn't suffer from trauma.

Our brains have developed survival modes (or: four F types) due to our conditioning. In other words: we feel more safe and/or more accepted when we are in such a survival mode. And this is often not helpful when we want to create a new, better situation for ourselves. Meaning: instead of creating change we are in a constant loop of stress.

The way out of these survival mode patterns (should they cause you stress instead of being helpful as a way to protect you) is to apply certain healing modalities which work directly with your emotions and with your nervous system. Which is what I will show you how to do.

Also, I think it is important to know that your body reacts to everything first - even before you can think any proper thought. That is because your body was designed to keep you safe so you don't spend any time thinking about whether or not the lion that is running towards you is dangerous or not. So this is why oftentimes trying to change your mindset, using affirmations or trying to heal through conversational psychotherapy doesn't work if you want to liberate yourself from your suffering. Your body will keep reacting faster.

How your brain functions:

[Rutstein Brain Change White Paper \(PDF file\)](#)

[The Four F-s \(graphic/jpeg\)](#)

[The Four F-s \(PDF file\)](#)

From my experience, we tend to be one of these types but have a mix of all of them. The good news is, though: each type also has a very positive side. The Freeze Type knows how to take proper self-care - once they learned how to not just hide from everyone. The Fawn Type is deeply caring about their loved ones - once they learned how to do so without completely ignoring their own needs. The Flight Type can achieve a lot of success in their career - once they learned how to focus on what matters the most to them. The Fight Type has really healthy boundaries - once they don't just lash out at everyone who is seeking to be near and close to them.

# About narcissism

Having a narcissistic parent or sibling or partner can be a traumatic experience.

For this, you have to know that being narcissistic doesn't mean that someone is very much in love with themselves. Being narcissistic is a character that has no ability to be empathic and that draws its energy from power struggles and from wanting your full attention. As such these characters are abusive and manipulative. And they do not change their behaviour - simply because they don't suffer from their behaviour due to their lack of empathy.

This also means that they nourish themselves mainly by scaring you, by making you angry and by making you worry, but they also get nourished by your empathy and compassion. In other words: they need your energy, this is their supply.

So, the only way out for you is to heal from your traumatic experiences with a narcissist as then your trauma turns into a strength. And you probably have to limit the contact you have with a narcissist to a minimum, or ideally to zero if this is possible for you (it's okay if this is not possible). You will not get the narcissist to change. But you can change.

Here are a few resources with info about narcissists:

[Interview with psychotherapist Dr. Ramani Durvasula](#)

[Dr. Ramani Durvasula's YouTube Channel](#)

[Dr. Ramani Durvasula's Website \(and books\)](#)

*\*Note: some people only have narcissistic tendencies. You will know the difference by these people being able to respect your boundaries, their ability to be empathic and their ability to learn from their mistakes. A narcissist will never respect your boundaries and if they do, they only respect them as long as they can then keep having your attention, and keep abusing and manipulating you. They will pretend to be empathic - as a way to have your attention, and to keep abusing and manipulating you. And they will only learn from their mistakes if they sense that this an opportunity for them to then be able to have your attention and to keep abusing and manipulating you. As such - as I mentioned above - the only way out for you is to have as little contact as possible or to have no contact.*

# Credits

Please note that my healing work is not a replacement for medical, naturopathic or therapeutic diagnostics or treatment.

Smiles,

**\* Jouleeyah \***

Spiritual Healer + Musician + Artist | Healing With Spirit Guides |

<https://jouleeyah.com>

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