

**Advisors,  
mentors,  
facilitators,  
and guides:**

Is someone acting  
in a way that  
doesn't seem  
right? Ask  
yourself...

Is this  
behavior  
rooted  
in  
trauma  
???

**Acute trauma** has been disclosed in  
a receptive, trusting relationship, or  
discovered with a trauma assessment tool  
~or~  
**Chronic trauma** has been disclosed  
or assessed  
~or~  
**Historical/Racial trauma** has  
been inherited through family and/or social  
structures  
~or~  
**Secondary/Vicarious trauma**  
has been disclosed or assessed

Yes

No

**Are you sure?**  
Trauma is prevalent and  
pervasive, and often  
obscured by fear, shame,  
and protective caution...

I don't  
know,  
but I  
could  
ask...

Oh. Maybe?  
Let me ask...

**STOP!** You do NOT have  
the right to demand access to  
any person's trauma stories  
Tempted to ask for stories? Might  
not be your place. Tempted to  
share other people's stories to  
justify or explain their behavior?  
Not your place either. Know the  
difference between expecting  
stories and being receptive when  
stories are offered...

Connect them  
with a Mental  
Health  
Navigator and  
support them  
with Trauma-  
Informed  
strategies...

Good news!  
Trauma-  
Informed  
strategies are  
**UNIVERSALLY  
APPLICABLE**  
and do not  
require access  
to any person's  
trauma history,  
and are  
protective even  
if no trauma is  
present...

How safe does the  
person feel?  
**Use somatic  
safety and  
breathing  
strategies.**  
*(see Menakem and  
Caldwell/Leighton)*

How strong is the  
relationship between  
you and them?  
**Build intentional  
trust through  
grace and  
mutuality.**  
*(see van Dernoot Lipsky)*

How is the behavior  
rooted in the limbic  
brain? **Use body-  
based  
experience to  
disrupt  
autonomic fight-  
flee-freeze.**  
*(see van der Kolk)*

How is the person  
dis/connected from  
nature? **Implement  
nature-based  
practices.**  
*(see Kimmerer)*

