

## **Trauma Triggers**

Shouting and violence,  
Aggression and fighting,  
Loud bangs and bullying,  
Sends our anxiety through the roof,  
Feeling terror and panic,  
Shaking, sweating, on edge  
I can't settle,  
Flash backs of trauma coming fast and think,  
Tears begin to flow,  
So tired but my head won't switch off,  
No sleep.  
I was calm until the violence kicked off,  
But now another sleepless night,  
Triggered by memories of trauma,  
But they don't understand, they should stop and think,  
Your actions hurt others,  
The trigger memories of terrible things,  
Now I'm sat all alone,  
Living the nightmare all over again.

**By Dawn**