

# A Wormhole Back In Time

"Why do I get so angry when I am scared, am I a bad person?"

Sam, aged 10



**If we have scary, frightening things happen to us, if we experience loss and separation from our family; if we have not been loved or cared for in the way we should of been, our body remembers how bad these things felt so it can protect us from feeling or getting hurt again.**

As we get older, when we experience something even a little bit similar to those past experiences, our body remembers and creates a wormhole, sending us back in time to when we experienced those feelings, sights, sounds, smells.

This is our body's way of telling us we are in danger so we can protect ourselves.

Our body reacts quickly and sends us into fight, flight, freeze or collapse. To everyone else it might not seem like there is any danger. This can make us feel lonely and sad and sometimes mean we can be sent down the wormhole more often!

The good news is that by repeatedly having safe experiences where you feel seen and heard by the people around you, your body will eventually trust that the danger is in the past, and that you are safe in the here and now.

