

*Iván Chocrón*

Bridging the Worlds of Science & Spirit

# What is trauma?



part 1

[www.ivanchocron.com](http://www.ivanchocron.com)

Hey! Iván here. This is a short summary of my YouTube video about trauma (part 1).

You can watch the full video [here](#).

Hope it helps and thank you for reading!



# Trauma

What is it?

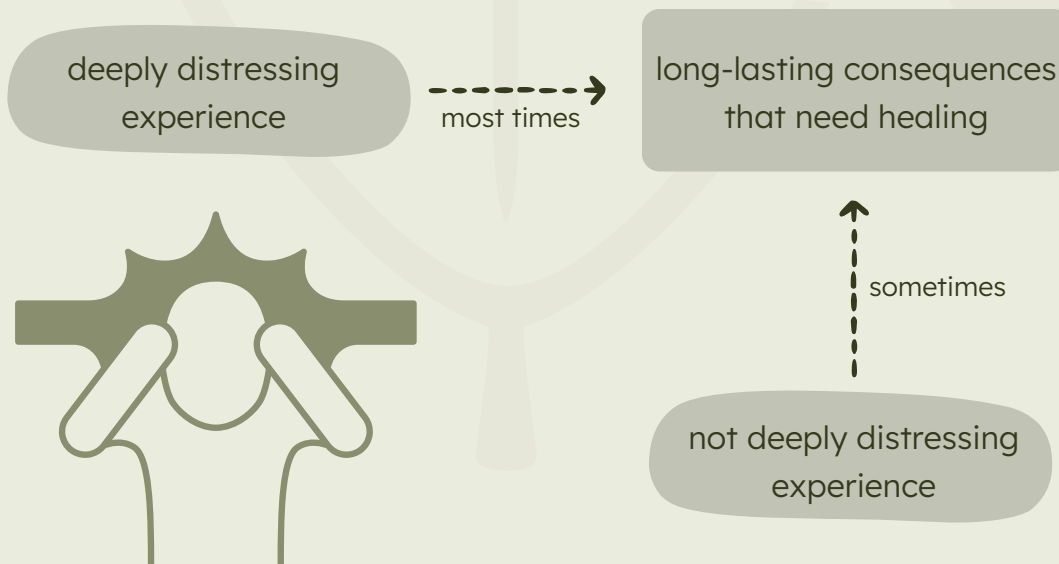
Any kind of experience that creates lasting consequences that need healing.

How does it happen?

When an experience doesn't meet our emotional needs.

After a traumatic experience, there is a short window of time where you can be held in the painful emotions that experience brought up and the level or depth of trauma can be drastically reduced.

Traumatic experience = A need that has not been met

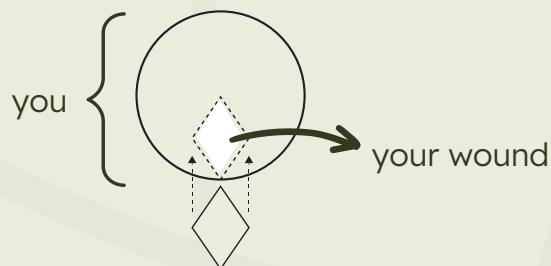


# What is a wound?

Once trauma happens, a part of ourselves goes offline and separates from ourselves.

This is called a wound

A wound is the empty space left in our emotional body, after an emotional need wasn't met.



That empty space is a part of our emotional body that goes offline and separates, waiting on the sidelines for the need to be met. In the meantime, it seeks for the closest similar thing.

Because the closest similar thing isn't the thing, this space is never filled and always continues to seek to be filled.

Our personalities are developed mainly by the complex combination of all of our unmet needs seeking for the closest similar available thing, acting all at the same time and pulling us in different directions.

Trauma  
(unmet need)

Wound  
(empty emotional space)

Seeks for the thing  
that meets the need

That thing isn't available  
(otherwise the wound  
wouldn't be there)

Seeks for the closest thing  
(temporary satisfaction, not  
true healing)

The cycle continues until the need is met with the real thing.

To be loved is every human being's most important  
and deepest need.



# How does it heal?

If wounding is the separation of a part of ourselves, what is healing?

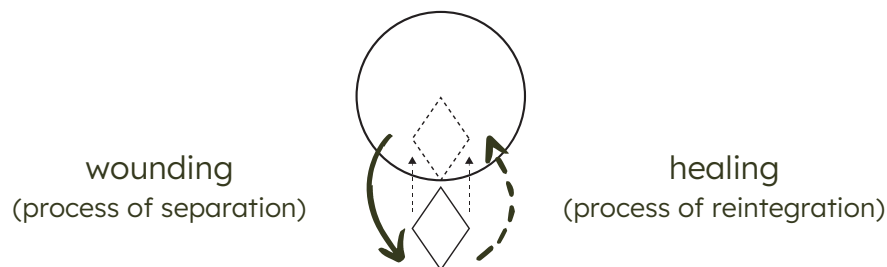
Healing is the reintegration of the part of ourselves that separated, filling the empty space.

When the empty space is filled, there is no more wound and the healing process is complete.

but

Every wound leaves a scar.

You might be fully healed, but you'll always know you've been wounded in that area.



This shows up in your every day life as something that normally would've triggered a deep emotional reaction in you, but after the healing process it doesn't anymore.

Without the scar, you wouldn't notice anything at all.

# Exercise

Based on the video you just watched, do you have a new understanding of ways in which you are traumatized that you have not thought of before? If so, write them down in this list. They can be as big or as small as you want. This will matter for the next videos, where we will be working on resolving them.

---

---

---

---

---

---

When dealt with properly, trauma ends up becoming one of the drivers of our purpose, giving meaning to our existence and being something that we, with the proper kind of work, can eventually get to a genuine place of gratitude for.






Yes!

It is possible to experience honest and genuine gratitude for your trauma, no matter how bad it was.

I hope this brief summary helps in your healing journey. If you want, you can watch the full video [here](#).

# Contact



-  [www.ivanhocron.com](http://www.ivanhocron.com)
-  LinkedIn: [in/ivanhocron](https://www.linkedin.com/in/ivanhocron)
-  Youtube: [@ivanhocron](https://www.youtube.com/@ivanhocron)
-  TikTok: [@ivanhocron](https://www.tiktok.com/@ivanhocron)
-  X: [@ivanhocron](https://twitter.com/ivanhocron)
-  instagram: [@ivanhocron](https://www.instagram.com/ivanhocron)
-  facebook: [ivanhocron1](https://www.facebook.com/ivanhocron1)
-  [hello@ivanhocron.com](mailto:hello@ivanhocron.com)

Thank you for being here.

*Iván Chocrón*

Bridging the Worlds of Science & Spirit