

“The Body Keeps the Score.” Bessel van der Kolk, MD

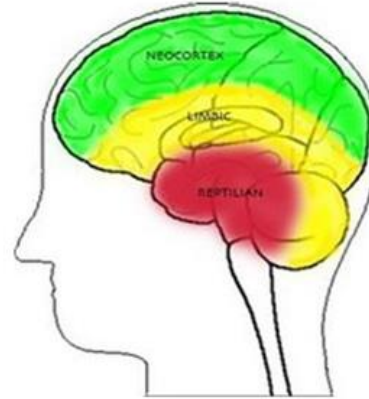
Speechless Terror and Unspeakable Horrors



During states of high arousal—when sense organs are stimulated to a point of perception, the area of the brain responsible for the production of speech becomes inhibited.

We do not put our feelings into words and construct a narrative of our experience.

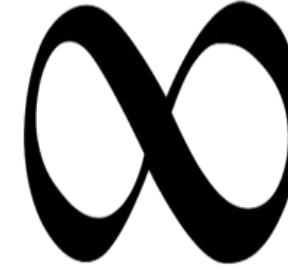
The Limbic Brain Registers the Threat



Instead we “remember” only the bodily, physical sensations that occurred at the time of the event.

It is not a conscious memory.

A Loop



When we have any of the bodily, physical sensations that occurred during the original event, the lower parts of the brain send messages that the threat is reoccurring.

This processing is both automatic and beyond our awareness.