



What Happened to You?

Understanding Childhood Trauma & Its Impact



*"What happened to you?"
shifts us from judgment to understanding*

WHY IT MATTERS?



Our Past Shapes Us

Childhood trauma affects emotions and relationships



Awareness is the First Step

Understanding helps release its impact



The Power of Compassion

Connection supports healing

PATH TO HEALING



Shift Perspective

Ask "What happened to you?"



Acknowledge Experiences

Understand how the past shapes emotions



Seek Support

Healing happens through connection



Choose to Heal

You are not defined by your past

Why It's Important

- Healing is possible
- Awareness builds stronger communities
- I highly recommend you read this book ['What happened to you?'](#) by Dr. Bruce Perry and Oprah Winfrey.

Watch this video for more insights [here](#)



*"We are not what happened to us.
We are what we choose to become."*

– Oprah Winfrey



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