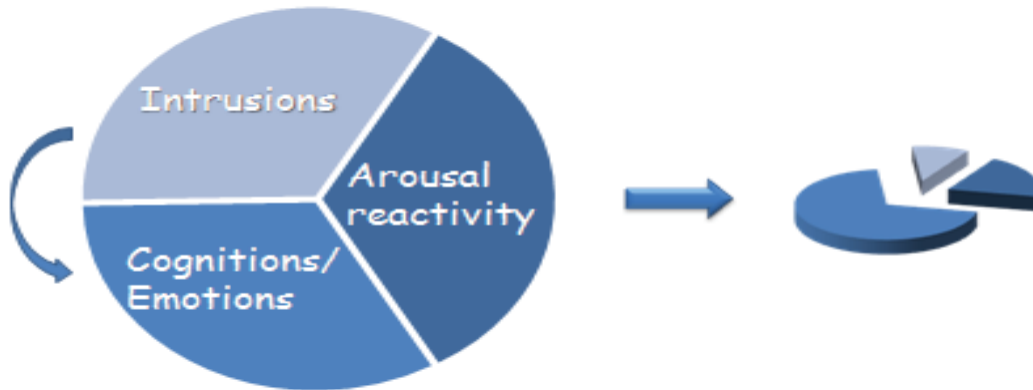
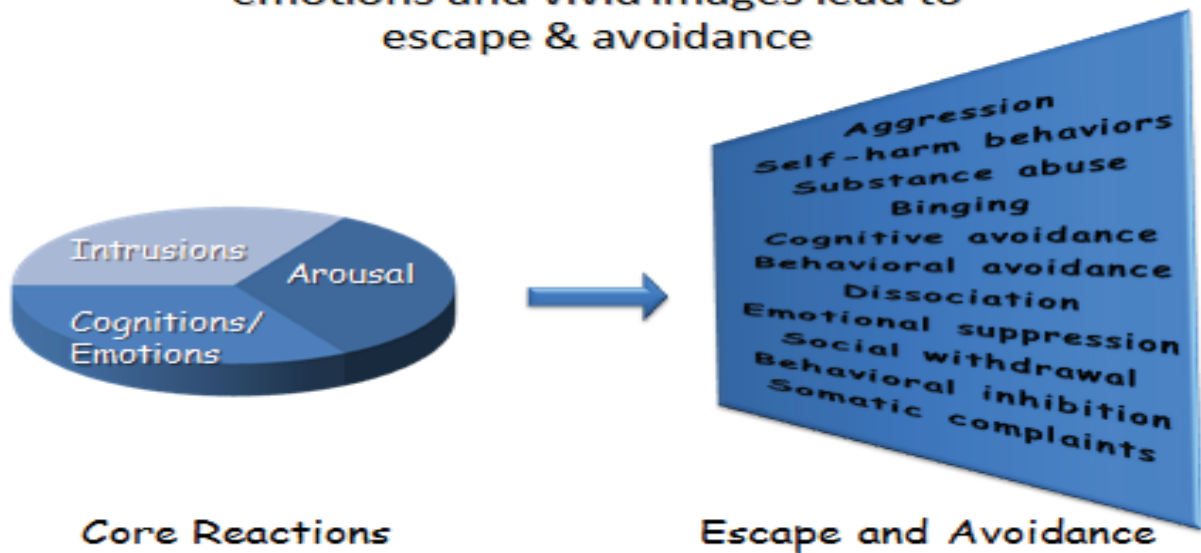


## Recovery or Non-recovery from PTSD Symptoms Following Traumatic Events

In normal recovery, intrusions and emotions decrease over time and no longer trigger each other



However, in those who don't recover, strong negative emotions and vivid images lead to escape & avoidance



The avoidance prevents the processing of the trauma that is needed for recovery and works only temporarily