

10 SIGNS YOUR CLIENT MAY BE EXPERIENCING A TRAUMA RESPONSE DURING YOUR SESSION:

- 1 Client is smiling while talking about a difficult challenge.
- 2 Client frequently interrupts and has difficulty staying on topic.
- 3 Client over-inflates (*You are the most amazing person I have ever met.*) or under-inflates (*I feel like I haven't received one bit of help from you.*) you.
- 4 Client's body language doesn't match verbal content. They may nod in the affirmative when their verbal answer is No.
- 5 Client consistently shows up with low energy.
- 6 Client overcommits to what they believe they can achieve in the time between sessions.
- 7 Client's responses don't line up with conversation. For example, you ask them if they had a chance to review the goals set and they begin talking about a book that was recommended to them.
- 8 Your client demonstrates low insight.
- 9 Perfectionism is consistently observed.
- 10 They report a strong emotional reaction to events that would not generally illicit that type of reaction. For example, they report being in a traffic jam and the rage they felt at the other drivers, or they go on a date and when they receive a hug at the end they report that their entire body went stiff and they could hardly speak.

Remember: If you can relate to any of this, **congratulations, you're human!** Nothing has gone wrong. It's normal, given most of our experiences coupled with conditioning, transgenerational trauma, etc. Also, if you ever exhibit some of these behaviors, it may not always be a trauma response. Try it on. Trust your Intuition.

If you've seen this with your clients, it's a sign that you're aware enough to pick up on these instances--also good. In my [RELATIONSHIP TRAUMA CERTIFICATION for COACHES](#), we go deeper into how to identify these types of things with clients, and with yourself.

