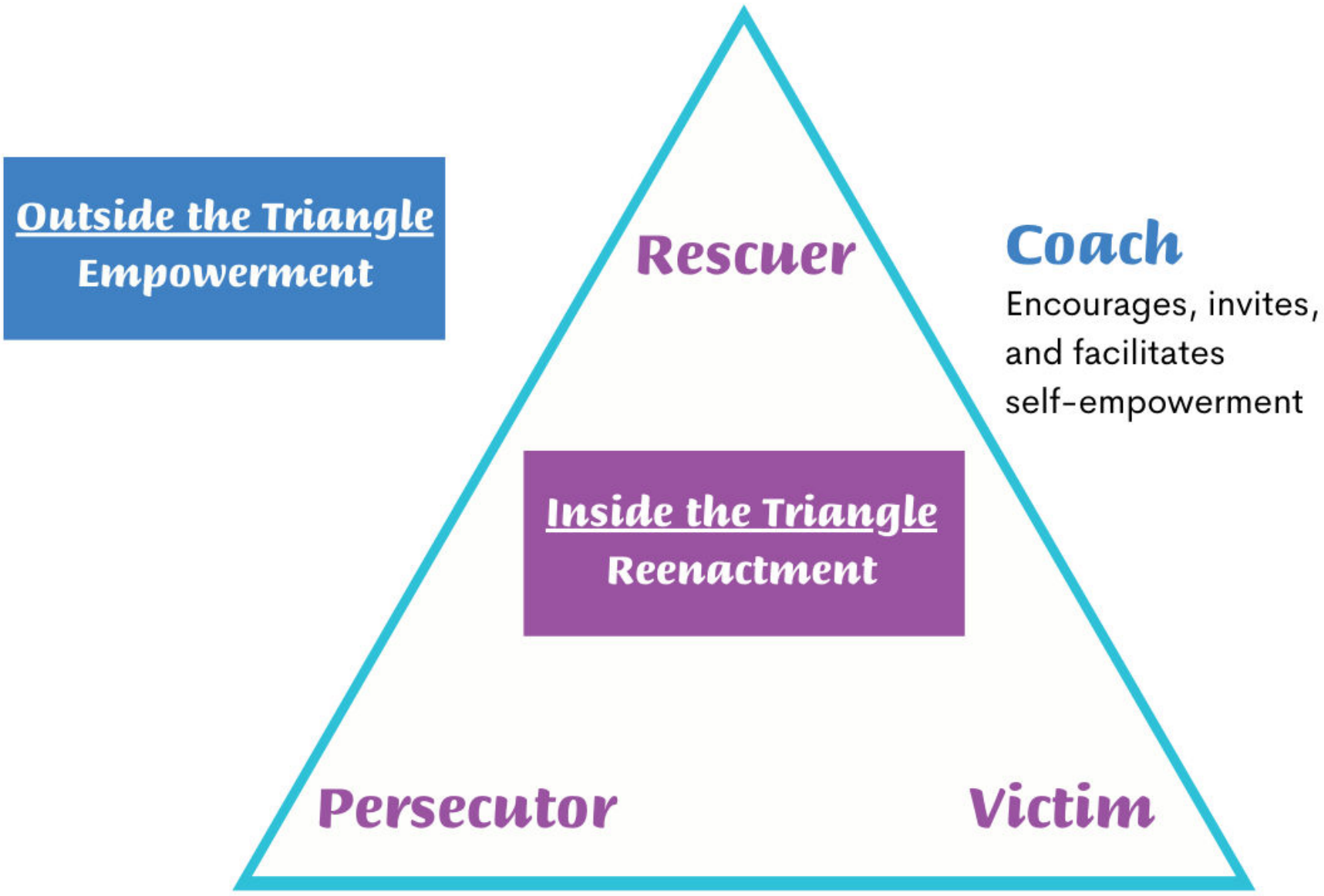
Sanctuary Terminology:
Traumatic Reenactment

Traumatic Reenactment

The tendency to repeat traumatic experiences in behaviors and relationships.



Challenger

Questions own and others' beliefs; claims 100% responsibility

Creator

Focuses on what's possible; questions limiting beliefs

- *As staff members, we have our own histories & views of the world.*
- *This can lead us to get entangled in the reenactment triangle.*
- *We need to be aware of our own reactions & know what our triggers are.*

Palm Beach County
Board of County Commissioners