

Identifying Generational Trauma as an Immigrant

Generational trauma refers to the **emotional and psychological wounds passed down through generations** that often stem from systemic oppression, displacement, or other traumatic experiences. This worksheet is designed to help immigrants recognize the signs of generational trauma within themselves and their families. **By identifying these patterns, individuals can begin the healing process** and work towards breaking the cycle of trauma for future generations.

The following can be triggers of generational trauma. Check off what applies to your family lineage:

- Recurring struggles or behaviors within your family that seem to be passed down through generations, like financial instability, addiction, or abuse.
- Community-wide historical events and traumas such as war, famine, persecution, or displacement.
- Systemic oppression or discrimination spanning multiple generations.
- Witnessing or experiencing traumatic events such as violence, abuse, or loss consistently within your family lineage.

Once you identify instances of generational trauma, the next step is checking symptoms you might be facing as a result:

- You experience symptoms of anxiety, depression, or PTSD related to your family's traumatic experiences.
- You or your family members use unhealthy coping mechanisms such as substance abuse or self-harm to deal with emotional pain.
- You struggle with feelings of guilt, shame, or worthlessness stemming from your family's traumatic past.
- You have difficulty forming and maintaining relationships due to trust issues or attachment problems resulting from generational trauma.
- You have a heightened sense of hypervigilance or fear of danger, stemming from past experiences of trauma or discrimination.
- You exhibit physical symptoms such as increased visceral fat or metabolic changes if your family has a history of famine

Reflect on the items you checked off and consider seeking support to address generational trauma and promote healing. You can reach out to Trust Mental Health for professional and compassionate support.