

## Tiny traumas : when you don't know what's wrong, but nothing feels quite right

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### Abstrak

When little things have big impacts. This book is for anyone who feels that they're sleepwalking through life, looking for answers to challenging emotions and the practical tools to begin living the life they want. 'How are you really feeling? A bit blah, meh or simply 'I don't actually know'. If this is your honest, knot-in-the-throat response, take a moment - breathe - and let me reassure you that it's not you, it's what's happened to you over the years. You can't quite put your finger on it, but somehow you just don't feel like you're thriving or truly participating in your own life. This is the result of a build-up of life's scrapes, papercuts and bruises that have left you feeling simply 'not ok'. Emotional illiteracy, microaggressions, challenging familial relationships, toxic positivity and gaslighting are some examples of what I call 'Tiny T' trauma - the impact of which often leads to problems such as high-functioning anxiety, languishing, perfectionism, comfort eating and sleep disturbance, to name but a few. We have been fooled into believing that 'Tiny T' trauma doesn't matter. There always seem to be huge, intractable problems in the world, so we tend to overlook those small, everyday injuries that drill down to your core. This leaves us with an undercurrent of constant melancholy and niggling pinpricks of anxiety, all wrapped up in the film of other people's Insta-perfect lives. But life doesn't have to be experienced in this suffocating way; we owe it to ourselves to develop Awareness, Acceptance, and take Action on our Tiny T trauma, no matter how 'small', and to start living every day as we deserve