

# The Wardrobe

## Your Trauma Clear Out

From the day we're born we encounter traumas, both big and small, and we all cope with them differently. The key is to deal with them in a healthy way, often by talking to people we trust, to help us work through the scary parts. This process may take time and energy, but the end result will be worth it.

## The Mess

Why is processing our trauma so important for our mental health?

Imagine your head is a wardrobe that you've never cleared out and the clothing inside is all the trauma you've experienced up until now. You've kept every single item of clothing since the day you were born – stuffing more and more into the same wardrobe as you go through life. Soon, it'll be so packed and disorganised that the contents will spill out onto the floor in one huge, overwhelming mess. You stare down at the sea of crumpled clothes, knowing that you don't like them or they no longer fit; they don't match or represent who you are or who you want to be.

## The Clear Out

You now have two options:

You either stuff everything back into the wardrobe, hoping that nothing spills out when you open the doors to add to the pile, or you take some time to sort through the mess; throwing away items you don't want. The first option is probably going to be quicker, but the second will be more rewarding.

Which would you choose?