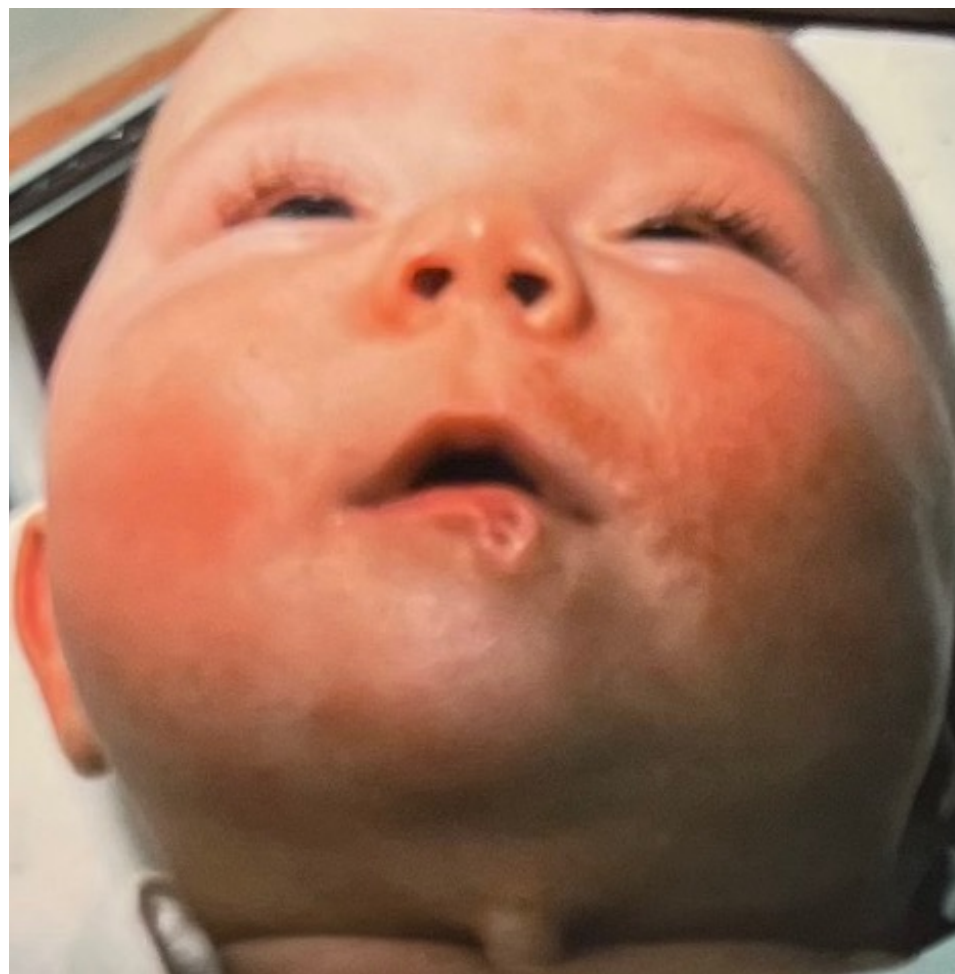
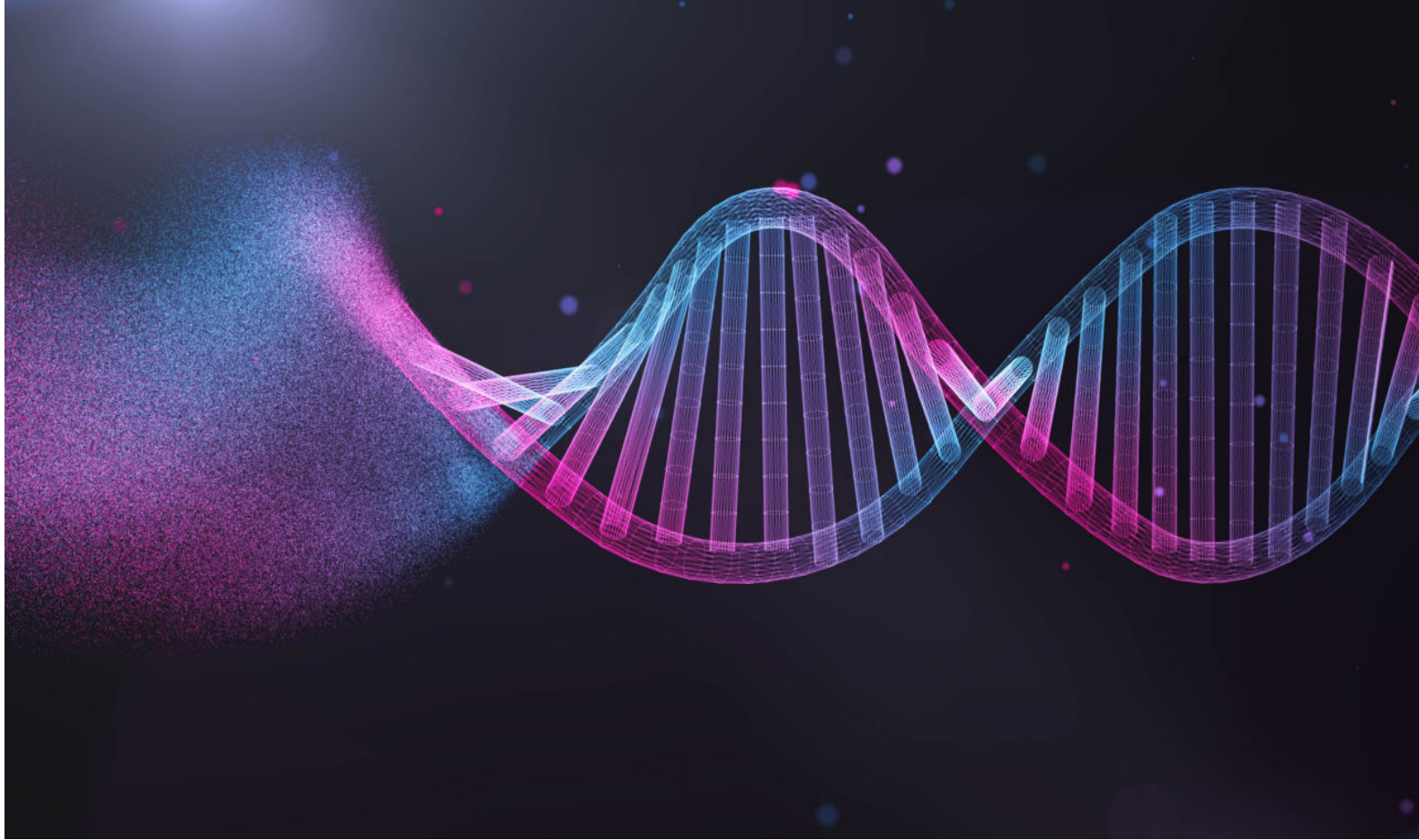


**How
transgenerational
trauma affected
our couple
relationship and
the way out**















11 May 2012

Love at first sight



Ni mulige forhold mellom to personer

			
	<div>SD</div> <div>SD</div>	<div>SD</div> <div>OD</div>	<div>SD</div> <div>TD</div>
	<div>OD</div> <div>SD</div>	<div>OD</div> <div>OD</div>	<div>OD</div> <div>TD</div>
	<div>TD</div> <div>SD</div>	<div>TD</div> <div>OD</div>	<div>TD</div> <div>TD</div>

SD = sunn del
OD = overlevelsesdel
TD = traumatisert del

Figur 9: Hvilke deler vekkes i meg i møte med et annet menneske?

"Jeg vil leve, elske og bli elsket." 2021

It didn't start with me





It didn't start with him

Sipunketok. N^o 172548

N^o 13220

Astrid Elisabet Andersson.

Född 19/3 den 19 Augusti, döpt den 29/8 i Jakobs församling (nuttu).

Barnskötsel: Moder: o. J. Anman N^o 130 Wallborg Maria Andersson, f. 28/11 1890 i

19/3 Sept. 16	Intagen i Barnhuset som Ambarn	Skrofs. f. Anman. f. i. Hänsättning till Diarierna.	Le. N ^o
		4 4 22 5/20 10. 18	220
		5 4/23 16	13.

hvar 2. 14

N^o 459 Sept. 13.

Afdelnings Prot. d. 2/10 1913.



How transgenerational trauma affected our couple relationship

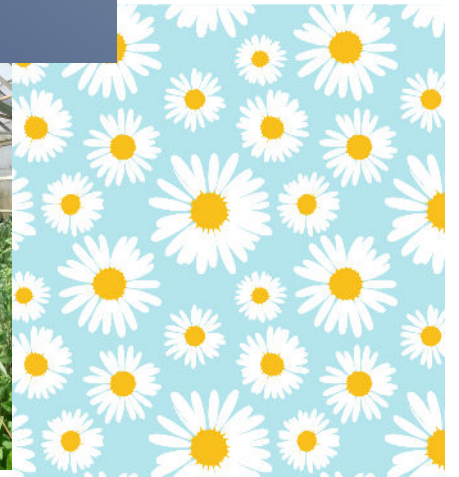
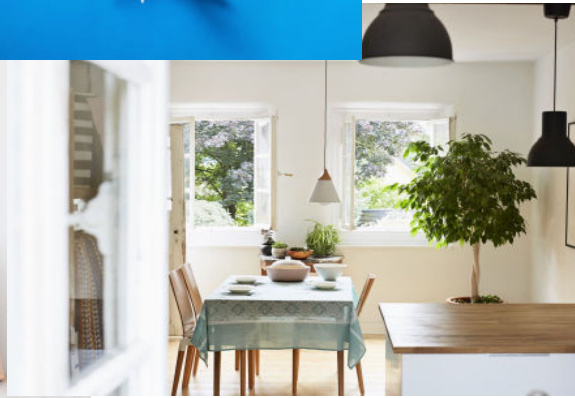
Me



Him



How transgenerational trauma affected our couple relationship





Love at first sight and transgenerational trauma

Me

- left alone at the hospital
- great grandmother grew up never knowing her father
- mother was given up for adoption
- grief, death and chaos early in life
- gather a group of family members
- save children
- girl needed to be saved

Him

- grandmother left alone in childrens house
- grandmother grew up never knowing her father
- grandmother was given up for adoption
- grief, death and chaos early in life
- outside a group
- child needed to be saved
- save his mother

The way out loPT and the intentionmethod for couple therapy



