

## PTSS FLOW CHART (Example)

### VACANT ESTEEM

### ANGER

### RACIST SOCIALIZATION

#### Historical Trauma 1

#### Historical Trauma 2

#### Historical Trauma 3

Enslavement  
and  
Dehumanization

Beating, Rape,  
and Lynching

Enslavers division of  
Africans:  
House slave vs. field  
slaves, mulatto  
overseer

#### PTSS Book Example

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#### PTSS Book Example

Thomas  
Jefferson's:  
blacks incapable  
of feeling grief

Virginia's Casual  
Killing Act

Good Hair,  
idealizing  
European,  
features, values

#### Personal Example 1

#### Personal Example 2

#### Personal Example 3

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#### RESPONSE

Family denigration  
and distrust of black  
professionals

#### RESPONSE

Perceived disrespect  
leading to family  
dysfunction

#### RESPONSE

Friends and family  
members stating they  
don't think people with  
dark skin are attractive

#### NEW RESPONSE

Educating self  
and others  
about positive  
black  
contributions

#### NEW RESPONSE

Learning new  
ways to manage  
stress, conflict,  
and  
disappointment

#### NEW RESPONSE

Celebrate Black  
culture, through  
art, literature,  
personal  
example

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RESPONSE

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NEW RESPONSE

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