



Why Am I Still Struggling?

How to Recognise When
it's More Than Just Stress

Many people find themselves feeling anxious, overwhelmed, emotionally exhausted, or stuck in patterns they cannot seem to change.

While stress is a natural part of life, some experiences can leave a lasting impact long after they have passed. For some people, these experiences may be linked to trauma, whether from a single event or repeated harmful events over time.

This guide offers a gentle opportunity to explore whether there may be more contributing to your struggles than stress alone.

Signs Past Experiences May Still Be Affecting You:

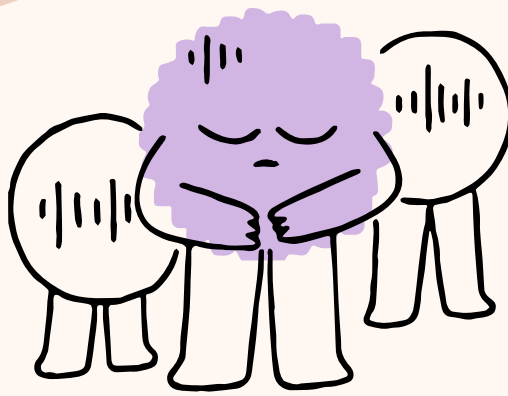
- ✓ Feeling anxious, on edge, or constantly expecting something to go wrong
- ✓ Struggling to relax, even when life is relatively calm
- ✓ Feeling easily startled or jumpy
- ✓ Difficulty sleeping or experiencing restless sleep
- ✓ Experiencing nightmares or distressing dreams

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- ✓ Finding certain situations, places, people, smells, or sounds trigger strong emotional reactions
- ✓ Avoiding reminders of difficult experiences
- ✓ Feeling emotionally overwhelmed by situations that seem small to others
- ✓ Feeling numb, disconnected, or detached from yourself or others
- ✓ Experiencing unwanted memories that seem to appear out of nowhere
- ✓ Finding yourself replaying conversations or past events repeatedly
- ✓ Difficulty concentrating or feeling mentally exhausted
- ✓ Struggling to trust others or feel emotionally safe
- ✓ Feeling responsible for other people's emotions
- ✓ Difficulty setting boundaries
- ✓ Being highly self-critical
- ✓ Feeling guilty when prioritising your own needs
- ✓ Repeating the same relationship patterns despite wanting things to change
- ✓ Feeling stuck, even when you understand why you feel the way you do

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Trauma Isn't Always Obvious

Many people dismiss their experiences because they may tell themselves:

- "Other people had it worse."
- "I should be over it by now."
- "Maybe I'm overreacting."
- "Nobody would understand."
- "I don't want to be a burden."
- "Did it really happen the way I think it did?"

Comparing your experiences to someone else's does not change the impact. Often, the people who minimise their experiences the most are those who have spent years learning to cope without support.

A Few Questions for Self-Reflection

- Do I often put other people's needs before my own?
- Do I struggle to feel good enough?
- Do I find it difficult to ask for help?
- Do I feel guilty when I say no?
- Do I find myself reacting strongly to present situations without always fully understanding why?
- Do certain memories or experiences still feel emotionally charged?

There are no right or wrong answers.

These questions are simply an invitation to reflect on whether past experiences may still be influencing your present life.

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Noticing is the First Step

Awareness alone does not heal trauma. Even if you recognise and begin to understand where your difficulties come from you can still find yourself:

- repeating familiar patterns
- feeling stuck
- struggling with intense anxiety spirals
- experiencing emotional overwhelm

This is because healing requires more than insight. It involves creating new experiences, processing unresolved emotions, and developing a different relationship with yourself.

How I Can Help

I specialise in supporting adults healing from trauma and breaking free from patterns that keep them stuck. Drawing on a range of trauma-focused approaches, psychotherapy, EMDR therapy, and therapeutic coaching, my approach goes beyond symptom management to address the root causes of distress, creating the possibility for deep, meaningful shifts and lasting change.

So, What Now?

If you have recognised yourself in some of the experiences described in this guide, booking a [free 15-minute introductory call](#) with me is an opportunity to explore what support might look like for you.

Change is possible. By understanding and addressing the root causes of your struggles, you can begin moving towards a life that feels more connected, whole, and aligned with who you truly are.

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