

Do You Have Generational Trauma And What To Do

你是否有代际创伤以及如何应对 (1)

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1

What if the pain you're carrying isn't entirely yours? Could the struggles of your **past generations** be affecting your life today?

past generation /pɑːst ˌdʒenə'reɪʃn/ n. 过去的一代人; 上一代

【例句】Traditions from past generations still shape local festivals.

来自过往世代的传统仍在影响当地的节日活动。

【例句】Many families keep letters passed down from past generations.

许多家庭保存着从前辈传下来的书信。

【SYN】previous generation / earlier generation / forebears (先辈, 文学用)

2

Generational trauma is an **invisible** burden that can impact your emotions,

behaviors, and **overall well-being without you even realizing it.**

Generational trauma /ˌdʒɛnə'reɪʃənəl 'trɔ: mə/

n. 代际创伤；跨代传递的创伤影响

【例句】Generational trauma can shape parenting styles long after the original event. 代际创伤会在最初事件过去很久后，继续影响养育方式。

【例句】Therapy helped him recognize patterns rooted in generational trauma. 心理治疗帮助他识别出源于代际创伤的行为模式。

【SYN】intergenerational trauma / transgenerational trauma

overall well-being /'oʊvərˌɔ: l wəl'bi: ɪŋ/ n. 整体身心健康与福祉

【例句】Regular sleep has a measurable effect on overall well-being. 规律睡眠对整体福祉有显著影响。

【例句】Community support boosts overall well-being after crises. 社区支持能在危机过后提升整体福祉。

【SYN】general health / holistic well-being / welfare

【常用搭配】promote/improve overall well-being（促进/提升整体福祉）

Without sb doing sth 在某人未做某事的情况下

【例句】You can restart the service without IT approving every request. 无需 IT 批准每个请求，你就可以重启该服务。

【例句】She left the meeting without anyone noticing. 她在没有人注意到的情况下离开了会议。

traumatic events that **get passed down** through families.

psychological effect /ˌsaɪkəˈlɒdʒɪkəl ɪˈfekt/ n. 心理影响；对情绪与认知的效应

【例句】Long commutes can have a psychological effect, making employees more irritable. 长时间通勤会产生心理影响，让员工更易烦躁。

【例句】The documentary had a powerful psychological effect on public attitudes. 这部纪录片对公众态度产生了强烈的心理影响。

【SYN】mental impact / emotional effect / cognitive impact

traumatic /trɔːˈmætɪk/ adj. 创伤性的；令人痛苦的；造成心理创伤的

【例句】A traumatic layoff can alter how someone views job security. 一次创伤性的裁员会改变一个人对工作安全的看法。

【例句】Survivors may avoid places tied to traumatic memories. 幸存者可能会避开与创伤记忆相关的地方。

【SYN】distressing / harrowing / painful

【常用搭配】traumatic event/experience (创伤性事件/经历) / traumatic memories (创伤性记忆) / post-traumatic stress (创伤后压力)

get passed down /get pɑːst daʊn/ phr. 被传承；代代相传

【例句】Certain parenting habits get passed down through generations. 一些养育习惯会在几代人之间传承。

【例句】Family stories often get passed down with small changes over time. 家族故事常常在流传过程中发生些许变化。

Events like abuse, war, **oppression**, **racism**, or violence can have a traumatic impact on individuals and end up **posing** ongoing challenges for their future

generations.

Oppression /ə'preʃn/ n. 压迫；压制；不公待遇

【例句】The novel depicts how legal systems can enable oppression.

这部小说刻画了法律体系如何纵容压迫。

【例句】Grassroots organizing helped communities push back against oppression. 草根组织行动帮助社区反击压迫。

【SYN】repression / persecution

【常用搭配】systemic oppression (系统性压迫) / political oppression (政治压迫)
/ resist oppression (反抗压迫)

【同根词】oppress (v. 压迫) / oppressive (adj. 压迫性的；压抑的) / oppressor (n. 压迫者)

Racism /'reɪ,sɪzəm/ n. 种族主义；种族歧视

【例句】The policy aims to reduce racism in hiring and promotions.

该政策旨在减少招聘与晋升中的种族歧视。

【例句】Education about history can challenge everyday racism.

关于历史的教育能质疑日常中的种族偏见。

【SYN】racial discrimination

【常用搭配】combat racism (打击种族主义) / experience racism (遭遇种族歧视)
/ systemic racism (系统性种族主义)

【同根词】racist (n./adj. 种族主义者；种族主义的) / racial (adj. 种族的)

Pose /pəʊz/ v. 造成（威胁/困难）；提出（问题）；摆姿势

【例句】Unsecured data poses a serious risk to patient privacy.

未加密的数据对患者隐私构成严重风险。

【例句】The findings pose new questions for climate policy.

这些发现为气候政策提出了新问题。

【SYN】present / create / raise

【常用搭配】pose a risk/threat/challenge (构成风险/威胁/挑战) / pose a question (提出问题)

【同根词】poser (n. 难题; 摆造型的人) / posture (v. 摆姿势, 相关词)

5

How is generational trauma passed down? Generational trauma is transferred both **genetically** and culturally.

genetically /dʒə'netɪkli/ adv. 从基因层面; 在遗传学上

【例句】Certain stress sensitivities may be influenced genetically as well as by environment. 某些对压力的敏感性既受基因影响, 也受环境影响。

【例句】The trait doesn't appear to be genetically determined alone.
该特征似乎并非仅由基因决定。

【SYN】at a genetic level

【常用搭配】genetically influenced/linked (与基因相关) / genetically transmitted (遗传传递的) / genetically determined (基因决定的)

【同根词】genetic (adj. 基因的) / genetics (n. 遗传学) / genome (n. 基因组)

6

Trauma can lead to changes in our DNA. For instance, studies show that trauma can cause **epigenetic** changes, like DNA **methylation**, which can make future generations more **vulnerable** to conditions like depression and **PTSD**.

epigenetic /ˌɛpɪdʒə'netɪk/ adj. 表观遗传的 (不改变 DNA 序列而改变基因表达的)

【例句】Epigenetic changes can alter how a gene is expressed without editing the DNA itself. 表观遗传变化可以在不修改 DNA 本身的情况下改变基因表达方式。

【例句】Researchers are mapping epigenetic markers to understand long-term stress responses. 研究人员正在绘制表观遗传标记，以了解长期的压力反应。

【常用搭配】epigenetic change / epigenetic mechanism

(表观遗传变化 / 表观遗传机制)

【同根词】epigenetics (n. 表观遗传学)

Methylation /ˌmɛθɪˈleɪʃn/ n. 甲基化 (常指 DNA 甲基化)

【例句】DNA methylation in promoter regions often reduces gene activity.

启动子区域的 DNA 甲基化通常会降低基因活性。

【例句】Diet can influence global methylation patterns across tissues.

饮食会影响各组织的整体甲基化模式。

DNA 甲基化是一种表观遗传学修饰，指在 DNA 分子上添加甲基基团 ($-CH_3$) 的化学过程，但不改变 DNA 序列本身。

想象 DNA 是一本书：

DNA 序列 = 书中的文字内容 (不变)

DNA 甲基化 = 在某些段落上贴遮挡贴纸或用胶带封住某些章节

甲基化就像给基因加上“开关”，决定某些基因是“打开”还是“关闭”。

甲基化增加 → 基因被“关闭” → 该基因不表达或表达减少

甲基化减少 → 基因被“打开” → 该基因表达增加

所以经历创伤时，压力激素改变 DNA 甲基化模式，一些和压力反应相关的基因会被“开启”或者“关闭”，从而影响基因表达。

vulnerable /ˈvʌlnərəbl/ adj. 脆弱的；易受伤害的；易感的

【例句】Without social support, new parents can be vulnerable to anxiety.

缺乏社会支持时，新手父母容易产生焦虑。

【例句】Outdated security settings leave devices vulnerable to attacks.

过时的安全设置会让设备容易受到攻击。

【SYN】susceptible / exposed / at risk

【常用搭配】vulnerable to stress/illness/influence

(容易受压力/疾病/影响)

【同根词】vulnerability (n. 脆弱性) / invulnerable (adj. 不受伤害的)

PTSD (post-traumatic stress disorder) n. 创伤后应激障碍

【例句】Brief reminders of the accident triggered his PTSD symptoms.

对事故的短暂提醒触发了他的创伤后症状。

【例句】Trauma-focused therapy can reduce PTSD severity over time.

以创伤为焦点的治疗可以随时间降低 PTSD 的严重程度。

语音详解

1

What if the pain you're carrying isn't entirely yours? Could the struggles of your past generations be affecting your life today?

2

Generational trauma is an invisible burden that can impact your emotions, behaviors, and overall well-being without you even realizing it.

3

Let's take a look at what it is and some effective steps to heal from it. So what is generational trauma? Generational trauma is the psychological effect of traumatic events that get passed down through families.

4

Events like abuse, war, oppression, racism, or violence can have a traumatic

impact on individuals and end up posing ongoing challenges ^{for their} future generations.

5

How^(w) is generational trauma passed down? Generational trauma is transferred both genetically^(j) and culturally.

6

Trauma ^{can} lead to changes in our DNA. For instance, studies show ^{that} trauma ^{can} cause epigenetic changes, like DNA methylation, which ^{can} make future generations more vulnerable ^{to} conditions like depression and PTSD.

1.

如果你所承受的痛苦并非完全属于你自己呢？过去几代人的挣扎是否可能影响着你今天的生活？

2.

代际创伤是一种无形的负担，它可能在你毫无察觉的情况下影响你的情绪、行为和整体幸福感。

3.

让我们来看看它是什么，以及一些有效的治愈步骤。那么什么是代际创伤？代际创伤是创伤性事件通过家庭传递下来所产生的心理影响。

4.

虐待、战争、压迫、种族歧视或暴力等事件会对个人造成创伤性影响，并最终给他们的后代带来持续的挑战。

5.

代际创伤是如何传递的？代际创伤通过基因和文化两种方式传递。

6.

创伤可以导致我们 DNA 的改变。例如，研究表明创伤可以引起表观遗传学变化，如 DNA 甲基化，这会使后代更容易患上抑郁症和创伤后应激障碍等疾病。