

CHILDHOOD TRAUMA OUTCOMES AND EMOTIONAL DYSREGULATION DURING MARRIAGE

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ABSTRACT

Children who grow up in unstable households and environments may learn coping mechanisms that help them survive and go about their daily lives. For instance, they could be highly perceptive to other people's moods and constantly keep a vigil to see how the adults around them are feeling and acting. They might never show others when they are scared, sad, or furious because they hide their own emotions from them. When there are constant risks to one's bodily or mental well-being, these types of learnt adaptations make sense. These adaptations are no longer beneficial as a child gets older and comes into contact with relationships and settings that are safe, and they might even be harmful and interfere with a person's ability to live, love, and be loved. We may analyze the effects of childhood trauma on emotional dysregulation in marriage in this essay and arrive to a sound conclusion.

KEYWORDS: *Children, Trauma, Relationships, Marriage, Outcomes, Emotional Dysregulation, Physical Threats.*

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