

Compassion Aids in Reversing Effects of a Rough Childhood

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Understanding this issue can help caregivers and professionals to offer more effective support. Love heals.

Research has shown that [childhood emotional trauma](#) often determines whether an individual develops a physical disease as an adult. This means that the experiences that an individual goes through in their childhood years have a huge effect on the quality of life that they live as adults. A rough childhood can predispose one to physical diseases. The brain adapts and evolves from birth according to life experiences. Most experts agree that what goes on in the mind will [affect the physical health](#) of the individual.

Children who are exposed to chronic stress, trauma, or neglect usually develop coping strategies. The brain develops mechanisms that focus on trying to identify potential threats as well as self-preservation. Over time, the coping mechanisms become behaviors that can persist long after the child has entered a new environment that is safe and nurturing. Understanding this issue can help caregivers and professionals to offer more effective support. Compassion aid can help to reverse the effects of a rough childhood.

The adverse experiences that some children go through include physical and emotional abuse, verbal abuse or humiliation, and physical or emotional neglect. Some children experience parental abandonment, the effects of death or divorce, and living with mentally ill or addicted family members.

Children who go through these experiences are predisposed to depression, heart disease, cancer, autoimmune disease, cancer, and other chronic conditions. The negative childhood experiences often harm the developing brain making the victims vulnerable to health complications later in life. According to [Psychology Today](#), people can recover in various ways.

Developing Defense Mechanisms

From the moment they are born, children depend on adults for everything from food and shelter to love and protection. When a child is deprived of these necessities through neglect or abuse, their safety is compromised. When the child goes through chronic distress, the brain's pain-relief function kicks in.

This defense mechanism developed by the brain system blocks out the feelings of pain or hurt. The child is able to remain in the environment with the adult who is the provider of the basic necessities. This function, known as the analgesic opioid system, blocks out the pain, but it also blocks positive feelings like love, joy, and affection, according to [NACAC](#).

Understanding Negative Behavior

You cannot deal with a problem until you understand the root cause. It is important to understand why people behave the way they do. Children who have had a rough childhood often develop some behaviors that may be difficult to deal with. As part of the coping mechanism, the children have learned how to block communication and emotions.

This is all done as a way to protect themselves from the overwhelming pain, while still being able to receive the basic necessities. When the coping mechanisms become behavior, the children often find themselves labeled as unfeeling, bad, or antisocial.

Understanding Challenging Adulthood

Understanding how an individual's past can affect his future is important. A rough childhood can lead to challenging adulthood. Fortunately, understanding the root of the problem can help in finding appropriate solutions. [Healing the emotional wounds of childhood](#) can result in healing present wounds.

Understanding that childhood trauma can harm the brain and body is the first step in the journey towards physical and emotional healing. It is possible to reverse the long term effects of childhood stress. This means that with proper care and attention, one does not have to suffer from a disease, depression, addiction, inflammation, or physical pain.

Offering Compassion for Victims

Most people will agree that compassion is a great quality to have. Compassion is about caring and being aware of the needs of others. A compassionate individual strives to help others, especially those less fortunate. Some great attributes associated with compassion include kindness, empathy, benevolence, and goodwill among others.

Individuals who live through rough [childhoods](#) often lack compassion. This is mainly due to the fact that they did not experience compassion in their childhood. You can't give away what you don't have. Compassion can help individuals to overcome the negative effects of their rough childhood.

Offering and maintaining compassion in the midst of strife may not be easy but it can be very effective. Offering kindness and having your efforts rebuffed can be discouraging. It is never easy to keep up a one-sided relationship and this behavior can result in compassion fatigue. However, knowing the difficulties that the individual experienced in the past can offer the encouragement you need to keep trying. Exercising compassion causes it to grow. This means that the more compassionate you are, the more the positive qualities grow in you. Compassion improves relationships and motivates kindness according to the [Charter for Compassion](#).

Sources: psychologytoday.com, nacac.org, charterforcompassion.org