

TRAUMA

What trauma had the most impact on your life?

How does it affect your life experience (depressed, unmotivated, gaining weight, low self-esteem)?

Lesson 1 – Did you survive it? YES NO
(Of course you survived! You're still here.)

What positive lesson(s) did you learn from it? (Even negative experiences offer positive lessons.) For example, did you learn to stand up for yourself, or that sometimes bad things happen to good people, or that you had an unrecognized strength or that life is not perfect and it's okay to be imperfect?

What are the negative emotions or beliefs the trauma established? (It was my fault, Life is hard/cruel/difficult/painful/mean/dark/selfish/etc.), I am not (good enough, strong enough, smart enough, etc.), men/women are _____,

Are these beliefs true? YES NO

If yes, do you believe these are true of everyone? YES NO

If no, then perhaps these beliefs should be modified and more specific. For this one trauma, how can you narrow the beliefs? Example: I was in the wrong place at the wrong time. I did not know how to protect myself at that time. I was not prepared for the unexpected. My health is important and I must take care of it. I matter!

What are some new positive beliefs you can develop? Keep these statements short and direct.

Repeat them:

Write them down and post them to re-mind yourself. I put them on my bathroom mirror to see them first thing in the morning or just before bed. You can put them on the refrigerator or the door where you go in and out. Indulge in them! Think about the actions you can take to support them. Begin to surround yourself with uplifting colors, sounds, smells, and objects that support them.