

Confidently Living YOUR NEW LIFE

REBIRTH, PTSD, POST TRAUMATIC GROWTH, CPRAF

(Regarding transformation after trauma) People develop new understandings of themselves, the world they live in, how to relate to other people, the kind of future they might have and a better understanding of how to live life

-Post Traumatic Growth: Richard Tedeschi, PhD

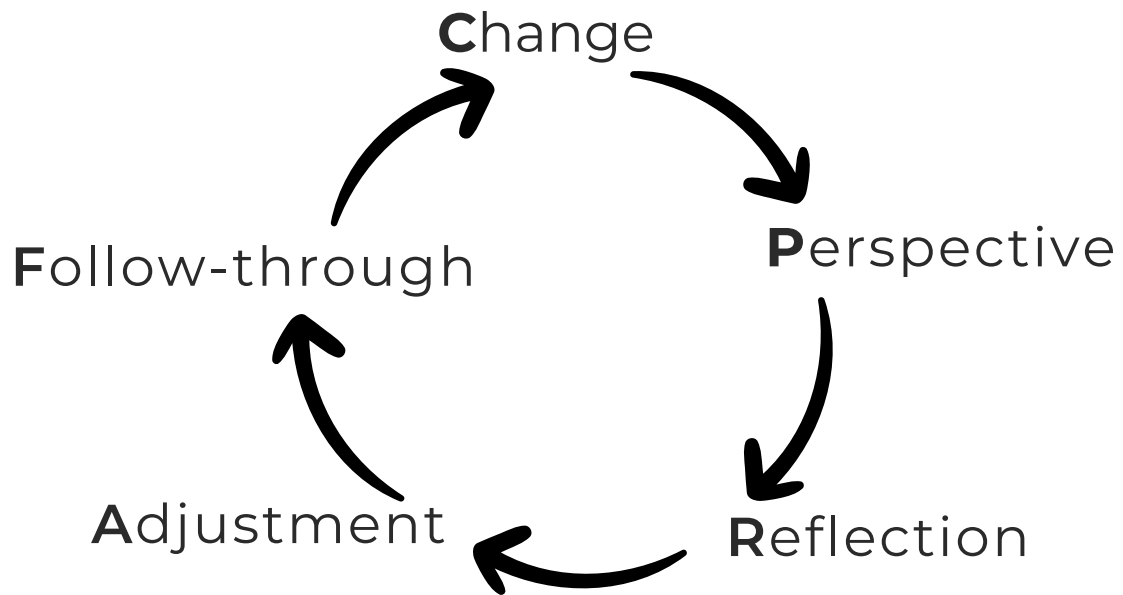
POST TRAUMATIC GROWTH

- **Appreciation of life**
- **Relationships with others**
- **New possibilities in life**
- **Personal strength**
- **Spiritual change**

Imagination (...) fires our creativity, relieves our boredom, alleviates our pain, enhances our pleasure, and enriches our most intimate relationships. [...] Without imagination there is no hope, no chance to envision a better future, no place to go, no goal to reach.

-The Body Keeps Score

My life needs some **CPRAF** right now!



WHAT SIGNIFICANT *CHANGE* AM I GOING THROUGH?

HOW HAS IT SHIFTED MY *PERSPECTIVE* ON LIFE?

REFLECT

WHO WAS I BEFORE?
WHO AM I NOW?
WHO DO I WANT TO BE?

WHAT NEEDS *ADJUSTED* IN MY LIFE TO BECOME WHO I WANT TO BE?

WHAT DO I LEAVE?
WHAT DO I KEEP?
WHAT DO I CHANGE?

WHAT CAN I DO TODAY TO *FOLLOW-THROUGH*?