

TURNING THE TIDE OF TRAUMA



Turning The Tide of *Trauma*

Week 1: Stuck In Survival Mode

Karen S Hudson
CHANGE FROM THE INSIDE OUT 

Week 1 Action Sheet

Answer these with the first things that pop into your mind. The key here is to not try and over think it or figure out if there is a right or wrong answer. There isn't. It's you, your life or the life of a loved one's information. I would only recommend filling this out for someone else if it's a minor and young enough that doing this wouldn't really be appropriate.

1. Have you experienced trauma personally?

2. If yes, what was or were the traumas you experienced? I consider this your trauma log. You cannot change or shift anything unless you know where you have been. We ARE NOT looking at your re-experiencing this just a list of what YOU consider traumatic events in your life.



Week 1 (cont.)

3. Now that you have a list go back and rate on the scale of 1 – 10, 10 being the most intense or the thing that sticks with you the most or both, and 1 being I knew and know it was trauma yet it doesn't seem to be impacting me the way other things are.

Your Trauma	1-10 Ranking

Ok, now you have your list and the journey has begun!

Next Step – Being WILLING TO release the trauma.

