

TURNING THE TIDE  
OF TRAUMA



# Turning The Tide of Trauma

Week 3: Reclaiming Your Voice

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CHANGE FROM THE INSIDE OUT

# *Week 3 Action Sheet*

Please take the time each week to fill this out when you are rested, have a quiet space to reflect and FEEL, set yourself up for success.

Empower yourself with those gifts as you complete this.

1. On a scale of 1 – 10, with 10 being 100% volume turned off and 1 being volume not turned off hardly at all, where are you on this scale in terms of your volume? Think of it like this: do you ever talk about your traumas? Are you reluctant to discuss them out of fear shame, etc Just think of it as your personal radio dial and is it on or off regarding these events in your life and if on where is the volume, etc. (It could be its been quieter in different times of your life or louder, if so write out what makes it louder or quieter).



2. When you go back and reflect on your life, did anyone else's opinions, words or actions influence you in regards to choosing to talk about them? If yes, then who and how and what did they say? If there is more than one, write them all out.



## *Week 3 (cont.)*

3. Did the events impact you in a way to stay quiet and become to feel about yourself in a certain way? Remember I talked about how I would think others would SEE me and how it would make me feel about myself. So write out all the different ways you have come to feel about YOURSELF because of these events. Some could be what you would describe as positive. Also, don't judge whether something is positive or negative it's the meaning we make or attach to it that creates those feelings. Regardless and without judgment just write it all out.



## *Week 3 (cont.)*

4. If you could wave a magic wand and remove one of the beliefs or feelings you have come to hold because of these events which would it be?

5. Describe how removing this would impact your life? (i.e. benefits to removing it). Are there any costs to removing it?

Next week is all about taking ACTION steps. We will use all of the information gathered in the previous weeks, so keep your action sheets handy as we move into the work of ACTION next week.

