

TURNING THE TIDE OF TRAUMA



Turning The Tide of *Trauma*

Week 4: Be Willing to Take Action

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CHANGE FROM THE INSIDE OUT 

Week 4 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.

Make sure to gather your action sheets from the previous week before you start this week's sheets.

1. Define action (what does it look like to YOU. What does it mean to YOU? Not anyone else's idea of action. YOURS.)

2. When thinking of taking action regarding your trauma/s on a scale of 1 – 10, 10 being the most amount of fear and anxiety you could feel about it and 1 being oh this is nothing, I can take action NO big deal at all. Where are you on the scale RIGHT NOW?



Week 4 (cont.)

3. Now take out your trauma log. I want you to go through each item and number them if you haven't already. It has NOTHING to do with which is the worse or first or anything, it's simply so you can track it here.

Once you have them numbered now start with #1 and list here what actions, if any, you can think of you want to take regarding this event.

Example: A man attempted to take me and hurt me sexually when I was 8. True Story. My dad chased him down, the police got him, I had to testify in court. Testifying was as bad as the actual trauma had been. It was hard seeing him and having to speak out.

So my actions have been: To write out how it felt to have that happen. Write down what I remembered AND what I felt during the event and that time in my life. It required me to go back to that time in my mind and write out from my 8 year old self those feelings and thoughts. It was a powerful exercise for me to be her again and see what was happening and acknowledge how scared I was and remembering how I did whatever it took to get free from him and back home.

The next action step I took was to go back to that time THIS time as my current adult self and look at the situation from that perspective. Watching my 8 year old self and SEEING what happened from a different position. I then was able to see that there were MANY things I could acknowledge my 8 year old for. Like being so aware of things, knowing my surroundings, and creating a distraction so I could break free. Actually succeeding in that and getting home in time so that my father and a neighbor could chase him down.



Week 4 (cont.)

I wept like a baby at how brave I had been at 8. WOW. I really acknowledged myself, my strength and my resourcefulness. Not only did I acknowledge myself I celebrated. I got those streamer things that pop off with confetti and I let myself cry, laugh, and scream with joy at my survival. I also realized this is another way in which I began to see men as taking sex and taking things from women, girls to be exact. So, more action steps are written down about that.

Can you see how this all flowed? Creating the steps, then taking the action, then the follow-up with myself and celebrating taking the action? THIS IS WHAT I WANT YOU TO DO ALSO. Celebrate and acknowledge each step

So your sheet might say: Write out completely the emotions, feelings without censorship as my age then. Then it could say write out completely the emotions, feelings without censorship as my adult self now talking to my ___- age self.

You will need to think of the steps for yourself. It might be screaming, crying, writing it all out and burning it. Going to the river and writing on a sharpie your feelings and emotions on rocks, tossing them in the river, and then saying them out loud. Gather the rocks yourself, write on them and then toss them. It's a powerful exercise.

It could be telling one person what happened. Maybe it's telling the WHOLE truth of what happened. I want you to think of what SUPPORTS YOU. This is about YOU.



Week 4 (cont.)

Now you will want to go through each number and put in the action steps. Or if that feels TOO MUCH then I want you to write one number completely out and set a date to do it. To take the action you have written out. Then come back to number 2 and write out the action steps for yourself and repeat.

This may be a process where you sit down now and write out all the action steps you can think and then more will come later. That is what happened to me. I put down all kinds of ideas and then I chose which ones would work for me. I had way more ideas of what to do than I ended up using for each one. It could also be a process where you take it one at a time as discussed above.

AND let me be honest. It took time. It didn't happen all at once. I would write it out and then when I was doing something else an idea would pop in my head and I would add that to my list

PROCESS and PROGRESS not PERFECTION.

Remember when you ranked the traumas? If it helps you to use that list this is where you would use it to rank them. You may not feel it necessary yet I have seen some clients find it useful.



Week 4 (cont.)

In case you had said that you needed help in the earlier Action Sheet then this could be one of your first steps of action. You could make a list of the kinds of help you think or know you want. Then finding out who in your community does those things and/or asking your trusted sources for referrals is another action step.

So, if you are ready, write out your list of ACTION steps now for the ONE thing you thought was holding you back from releasing.

YOU are amazing. You have gotten this far in the process and I know it hasn't been easy.

Being your biggest cheerleader is my goal. So imagine me with HUGE pom poms over here jumping up and down and saying YES YES YES you are being brave and taking the ACTIONS to fill this out.

THAT IS ACTION. So celebrate YOURSELF. You deserve a pat on the back.

Once you have gone as far as you want with this and are ready to take ANY other actions (remember all the work you are doing here is ACTION) , take it and write it down on the next page and record how you felt before, during, after and one week after taking ACTION.



Week 4 (cont.)

BEFORE		
AFTER		
		DURING
		1 WEEK

This is important to record so you can see where you were and how far you have come. It also helps to show how feelings shift and move. Remember what I said in the beginning.

Action is the gas pedal to all momentum, shift and change.

ACTION can also be emotional, freeing and more SO be kind, loving and patient with yourself as you take action.

I want you to take your time with all of this.

I will check in with you in a few days and see how you are doing with beginning to be in ACTION mode!

