**TRAUMA EXERCISE**

**Tools out of Trauma towards Healing!**

1. At the top of the paper, create an image of what trauma means to you in your life. The trauma may represent an incident; a memory; an injury or feelings.

* You may use your own image, drawing or shape. Another option is to cut a picture from a magazine.
* At the bottom of the paper, create an image of what the healing will look like specific to you and your life. This image can be a shape, a drawing, or a picture cut from a magazine.

2. In between the shapes of Trauma and Healing, write words or draw images of the tools you will use to construct your healing.

* Those tools may be any of the following;
  + - * + Strengths such as creativity, determination, attitude, wisdom, experience, or sense of humour.
        + Supports/connecting with others e.g. counsellors, friends, spiritual leader
        + Skills you are learning e.g. boundaries, saying ‘no’, compassion, forgiveness, empathy, communication
        + Achievements such as sobriety
        + Relaxation tools and techniques
        + Goals e.g. getting out of debt, taking courses, etc.

3. Keep this in a visible spot so that you can chart your course and work on it daily!

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