

Components of Trauma Recovery

Trauma recovery typically involves a combination of safety & stabilisation, processing, remembrance & mourning, and then reconnection & integration:

Access to Safety	Acceptance of Emotions	Life Engagement	Self-Trust	Healthy Relationships	Integrated Story
Access to a sense of safety within: - your body - your relationships - in the world	Acknowledging and supporting yourself through all emotions, including difficult and uncomfortable ones.	Engaging in activities that are meaningful, enjoyable, and in alignment with your values.	Believing in your ability to handle life's challenges, recognise and meet your needs, stand up for yourself, and fully accept yourself.	Being in relationships and connections characterized by mutual caring, trust, boundaries and safety.	Having understanding of your experiences, what happened to you, and how this has affected you.
- Developing coping strategies and resources - Spending time in supportive & affirming environments, with supportive & affirming people - Finding a sense of peace in your body - Learning skills for nervous system regulation	- Developing awareness of your emotions - Validating your emotions and grieving losses - Acknowledging all emotions as part of the human experience - Learning skills to tolerate and manage overwhelm - Developing self-compassion	- Choosing meaningful & enjoyable activities - Acting in alignment with your values - Engaging in leisure & play - Taking good physical care of yourself - Incorporating rest & self-care in your life	- Accepting who you are and being your authentic self - Standing up for yourself - Listening to your body's signals & emotions - Honouring your needs - Knowing you can handle life's challenges	- Respecting each other - Having open communication - Honouring boundaries & seeking consent - Cultivating compassion & kindness - Building trust	- Identifying impactful life events - Naming themes from events - Establishing timeline & context - Resolving & repairing experiences, and reconstructing beliefs - Processing traumatic memories - Creating meaning and purpose in present life

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