**How to Heal and Prepare for a Traumatic Event**

Three things that are certain to occur in life include-- suffering, uncertainty, and loss.

These questions will help you to look at previous sufferings and losses to see if healing is still needed in these areas. These questions may be triggering so please consult a mental health professional if necessary. Feel free to use this is many times as you’d like.

Describe a situation in which you experienced suffering:

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What emotions do you feel when you think of the situation?

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What are the positives you gained from the experience (ie new friendships, new wisdom, etc.)?

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Describe a situation in which you experienced uncertainty:

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What emotions do you feel when you think of the situation?

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What are the positives you gained from the uncertainty (ie patience, insight, new opportunity, etc.)?

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Describe a situation in which you experienced a loss:

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What emotions do you feel when you think of the situation?

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What are the positives you gained from the experience (ie new friendships, new wisdom, etc.)?

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If thinking of any of these situations brought you strong negative feelings and emotions that means you need to do some healing work. Please visit our therapist directory for support.

**Who is on your care team?**

List the names of people who within the past year have made you smile or laugh: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List the names of people who within the last year allowed you to be open and honest with them without judgement.

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List therapists and coaches that you work with as they are part of your care team as well.

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**What gives you hope?**

What are upcoming life events that you are excited about?

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What opportunities do you have in front of you that will allow you to try and do new things?

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What attributes do you have that make you unique and special?

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