

# PIVOTING THROUGH TRAUMA:

## Your healing development plan

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Please list 1-3 of the events in your life that you would like to heal from.  
Please rank in order of importance to you.

1.

2.

3.

Which of these experiences would you like to begin healing from first?  
Why is healing from this experience important to you?

Please identify how recalling this event in your life impacts you. How does it impact your mind, body, relationships, etc.?

Please imagine yourself healed or feeling safer and better after your traumas. How will you feel different? How will you act different? Why does healing matter for you?

# Walking through your challenges

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**Ask yourself this: Do I want to walk the same path I have been walking or walk a new path in my healing journey?  
Could a new path to healing serve you better?**

Please identify the steps for healing and who can support you on these steps below:

1

2

3

4

