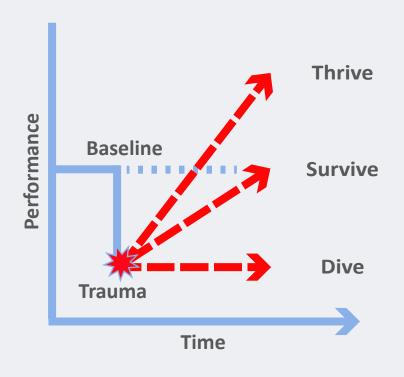
15 STAGES OF THRIVING

THRIVE STAGE: YOU OWN YOUR TRAUMA





- 1. Gratitude: Heightened appreciation for life; contribute and give back
- 2. Resilience: Reframe, set goals, new meaning, and a new-found spirit
- 3. Forgiveness: Let go of past; work and grow to realize new possibilities
- 4. Connection: Accept support; form new ways to love and relate to others
- **5. Passion:** Faith in God or higher power; spiritual or existential awareness

SURVIVE STAGE: YOU STABILIZE



- 6. Awareness: Mindfulness of personal strength and transformation
- 7. Acceptance: Character to hold yourself and others accountable
- **8. Experiment:** Test new life skills to cope; show self-care and love
- 9. Sort Out: Untangle guilt (wrongdoing) vs shame (circumstances)
- 10. Confront: "Sit in the fire," and identify the pain head on





- **11. Depression**: Feelings of utter hopelessness and despair
- 12. Bargain: Negotiating or seeking ways around trauma
- 13. Anger: Filled with rage, hate, resentment, or blame
- **14. Denial**: Dodging, hiding, and avoiding the inevitable
- 15. Shock: Feeling stunning disbelief and paralyzed to the core

By college age, 66% to 85% will have experienced a trauma. Trauma includes an accident, disaster, disease, death, being victimized, or abused. A traumatized person has three choices: ① remain traumatized, ② traumatize others, or ③ heal. Surprisingly, 58% to 83% of trauma survivors report eventually having a positive change. This process requires an authentic effort, time, and support. Always consult with qualified health providers. (Adapted from the book "Me We Do Be," Insight Prison Project (IPP), Kubler-Ross Model and PTGI by Tedeschi and Calhoun. For full references, visit CorelQ.com/PTT) ©2019 Core IQ. All rights reserved. Please visit CorelQ.com.

