



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

DIVE STAGE: THE TRAUMA OWNS YOU

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 CoreIQ.com/PTT) ©2019 Core IQ. All rights reserved. Please visit CoreIQ.com.