

THE TROUBLE WITH TRAUMA

NEXT STEPS Workbook

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If you had selected either the ‘Explore More’ or ‘Need a Guide’ pathway – Please make sure you have completed the necessary steps from those pathways before beginning this workbook.

1 – INITIAL REVIEW

Today's Date: _____

Chapter One

What key message/s did you get from 'Connection'?

Chapter Two

What key message/s did you get from 'Attachment'?

Chapter Three

What key message/s did you get from 'Validity'?

Chapter Four

What key message/s did you get from 'Recovery'?

Chapter Five

What key message/s did you get from 'Self-Awareness'?

Chapter Six

What key message/s did you get from 'Empowerment'?

Chapter Seven

What key message/s did you get from 'Mastery'?

Have you completed the mapping system? _____

Identify three of the interventions mentioned in 'Empowerment' that you would like to participate in within the next six months:

1. _____
2. _____
3. _____

What goals do you have for yourself in the next 6 months?

Who is your nominated accountability support person?

Have you set reminders for three weeks, six weeks, three months and six months?

Has your accountability support person set reminders to check in with your progress at the same dates? _____

Three Week Review Date: _____

2 – THREE WEEKS

Today's Date: _____

Have you completed the initial review? _____

What further plans do you need to put in place to meet your six-month goals?

Six Week Review Date: _____

3 – SIX WEEKS

Today's Date: _____

Have you participated in the first intervention? _____

What did you learn from participating in this intervention?

What were the benefits?

What were the downfalls?

How are you feeling about your journey so far?

What strides are you making?

What can you be doing better?

Is your accountability support helping you to keep on track with your goals?

Three Month Review Date: _____

4 – THREE MONTHS

Today's Date: _____

Have you participated in the second intervention? _____

What did you learn from participating in this intervention?

What were the benefits?

What were the downfalls?

How are you feeling about your journey so far?

What strides are you making?

What can you be doing better?

Is your accountability support helping you to keep on track with your goals?

Six Month Review Date: _____

5 – SIX MONTHS

Today's Date: _____

Have you participated in the third and final intervention? _____

What did you learn from participating in this intervention?

What were the benefits?

What were the downfalls?

What goals did you meet in the last six months?

What goals didn't you meet?

What strides have you made in your life?

What do you need to do differently to be able to meet the rest of your goals?

If you have reached all of your goals, what other goals do you wish to accomplish?
