

# 'She Can Be' Trauma Recovery Program



Listed below are a number of difficult or stressful things that sometimes happen to people. For each event check one or more of the boxes to the right to indicate that:

- (a) it happened to you personally,
- (b) you witnessed it happen to someone else,
- (c) you learned about it happening to someone close to you,
- (d) you're not sure if it fits, or (e) it doesn't apply to you.

Be sure to consider your entire life (growing up as well as adulthood) as you go through the list of events.

Event	Happened to me	Witnessed it	Learned about it	Not sure	Doesn't Apply
Natural Disaster					
Fire or explosion					
Vehicle accident					
Serious accident at work, home etc.					
Physical assault / assault with a weapon					
Sexual violence (abuse / assault)					
Other unwanted / uncomfortable sexual experience					
Domestic violence					
Exposure to a war zone					
Life threatening illness or injury					
Severe human suffering / torture					
Sudden, violent death					
Any other stressful event or traumatic experience					

Your life events, contribute to your thoughts, emotions and behaviours. When you have experienced a traumatic event, something in the brain can 'trigger', causing emotional responses and behaviours.

Looking at the things you have experienced or witnessed, can help aid trauma recovery and wellness. We wonder why sometimes we cannot handle certain situations, or dislike our behaviour? Look at how many life events, you have experienced that have impacted this. Do not be hard on yourself, you can learn to cope, you can heal from experiences, and you can learn to understand the effects of post-traumatic stress disorder and anxiety!

Becoming trauma informed, reflecting upon life experiences and understanding the effects of trauma, can dramatically pave the way to reducing inter-generational trauma and helping trauma survivors.

(Mayameen Meftahi – Founder of She Can Consultancy)

