

# The Emotional Transformative Journey of the Trauma Survivor

## – From the *Terrorized Victim* to the *Empowered Warrior* –

*Tick all that applies to you. This check-list might help indicate where you stand in your healing process.*

<b>Phase I</b>		<b>Phase II</b>		<b>Phase III</b>	
Initial Impact	→	Work-Through	→	Desired Outcome / True Self	
Trapped <input type="checkbox"/>	→	Frustrated <input type="checkbox"/>	→	Freed / Free <input type="checkbox"/>	
Fearful / Hesitant <input type="checkbox"/>	→	Risk-Taking <input type="checkbox"/>	→	Confident / Empowered <input type="checkbox"/>	
Terrorized <input type="checkbox"/>	→	Self-Soothing <input type="checkbox"/>	→	At Peace <input type="checkbox"/>	
Confused <input type="checkbox"/>	→	Self-Aware / Mindful <input type="checkbox"/>	→	Clear-minded <input type="checkbox"/>	
Ambivalent <input type="checkbox"/>	→	Discerning <input type="checkbox"/>	→	Assertive <input type="checkbox"/>	
Numb <input type="checkbox"/>	→	Feeling <input type="checkbox"/>	→	Alive / Vibrant <input type="checkbox"/>	
Passive <input type="checkbox"/>	→	Pro-Active <input type="checkbox"/>	→	Assured / Accomplished <input type="checkbox"/>	
Avoidant <input type="checkbox"/>	→	Involved <input type="checkbox"/>	→	Engaged / Committed <input type="checkbox"/>	
Shamed <input type="checkbox"/>	→	Self-Compassionate <input type="checkbox"/>	→	Proud <input type="checkbox"/>	
Distant <input type="checkbox"/>	→	Connecting <input type="checkbox"/>	→	Intimate / Vulnerable <input type="checkbox"/>	
Dissociated <input type="checkbox"/>	→	Integrating <input type="checkbox"/>	→	Grounded / Empowered <input type="checkbox"/>	
Sad / Anxious <input type="checkbox"/>	→	Angry / Protesting / Challenging <input type="checkbox"/>	→	Happy/ Free /Loving / Loved <input type="checkbox"/>	
<b>Total:</b>	_____	<b>Total:</b>	_____	<b>Total:</b>	_____
		*	*	*	