Developmental Trauma **Healing:**

Supporting

Elements

Self-Worth

I know my worth & have compassion and forgiveness for myself

Joy, Play

I can celebrate. laugh, and feet joy

Body

Thear my body when it has a physical need or a message

Progress in any of these supporting elements supports progress and stabilization in the other elements.



Creativity

Using my gifts I create beauty, insight, truth. and/or change

Safety and Support

Inner Witness

I can observe myself in my experience in parallel with having the experience

I can feel safe and secure and can feel support from humans, nature or spirit

Relationship

I can connect with other people

Needs

I know what I feel, what I need, and what 1 want

Voice

Trust

I trust myself. discerning wisdom from fear. I relax into trusting those who are safe.

I claim my voice, I speak my truth

> For example, through claiming my voice and finding the clarity and courage to speak up and be seen, I can reinforce my sense of self-worth, feel

my needs more clearly, and feed my creativity and other forms of expression.

Other Elements that could be included here are Boundaries. Gratitude, Curiosity, Faith, Hope, Breath, and Life Force.

Sexuality

Lam comfortable expressing or not expressing my sexuality.

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Advanced Strategies Healing Trauma Guide

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