

The four Rs of healing after a traumatic experience

How I visualize the journey from distress to success

You can begin to minimize the anxiety, hyper-vigilance, nightmares, flashbacks, and dissociation that sometimes occur after traumatic events even before you reach these last two steps.

2 REGULATE

Learn self-soothing skills to remain relaxed and return your body to calm when you feel triggered.

3 RETELL (WITHOUT RELIVING)

Gain control over traumatic memories by keeping your body relaxed while you tell the story of your experiences to a person you trust in a place where you feel safe.

4 RECLAIM

Reclaim your sense of personal power and purpose by creating meaning from your experience and placing it in the full context of your life story.

1 REFRAME

Gain confidence that you're not "broken" or "going crazy" by learning about your body's natural response to trauma, how it kept you alive during the event, and how your body may remain stuck in that response mode long after the trauma has passed.

