Inspired Communications International, LLC

5 Key Indicators of Post Traumatic Growth

Definition:

Post Traumatic Growth - a set of positive changes occurring as a result of surviving a traumatic event.

Note:

This graphic depicts a few key indicators of growth after the 5 steps of the grieving process have occurred.

DISCOVERY

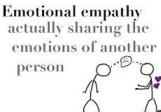
Discover the notion that new opportunities are available to you which were unavailable prior to the traumatic event.





CONNECTION

Create and feel a strong bond with individuals specifically who have experienced similar traumatic events.



RESILIENCY

Reinvigorate a sense o self resiliency, as in Friedrich Nietzsche famous quote,

what doesn't kill me makes me stronger





APPRECIATION

Feel a greater and fuller appreciation general.





COMMITMENT

Allow yourself to **feel** and **experience** a deeper spiritual commitment to your life even if this commitment involves a significant change in your set of beliefs and values

CONTACT INFORMATION

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