

## 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.

Emotional empathy  
actually sharing the  
emotions of another  
person



### RESILIENCY

Reinvigorate a sense of self resiliency, as in Friedrich Nietzsche famous quote, "what doesn't kill me makes me stronger".



### APPRECIATION

Feel a **greater** and **fuller appreciation** of your life in general.

**OPERATION**  
★appreciation★



### 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

**John Register**  
Inspirational Catalyst



[www.johnregister.com](http://www.johnregister.com)



719-357-6833



@JFRegister



JFRegister