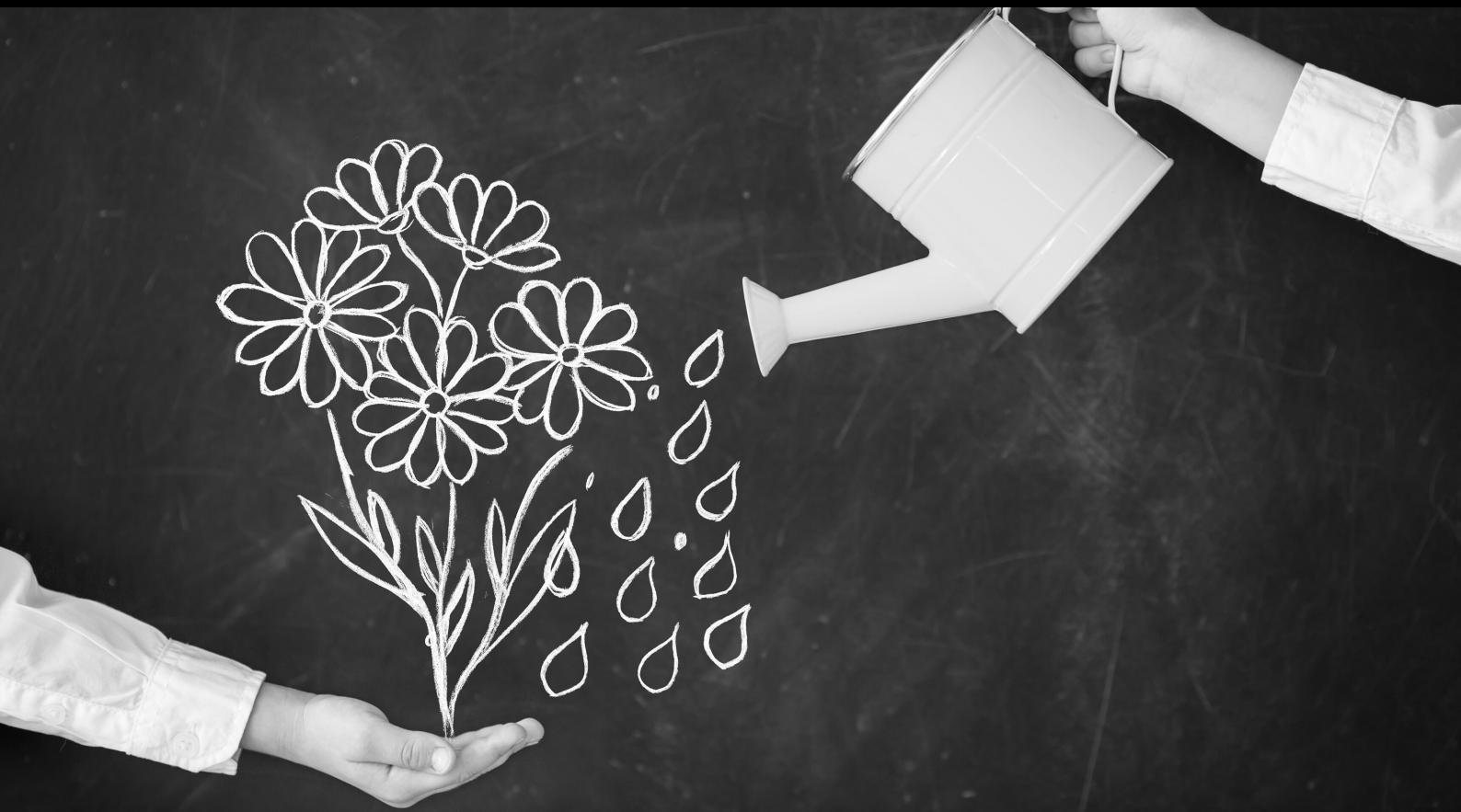


POST-TRAUMATIC GROWTH



Post-Traumatic Growth

WRITTEN BY KATHY CARLISLE

Post-traumatic growth (PTG) is a theory that explains this kind of transformation following trauma. It was developed by psychologists Richard Tedeschi, PhD, and Lawrence Calhoun, PhD, in the mid-1990s, and holds that people who endure psychological struggle following adversity can often see positive growth afterward.

Ever since my MS diagnosis 13 years ago, I have been blessed with a perspective that encouraged a growth mindset. I stumbled upon this new-to-me phrase, post-traumatic growth, and it encompasses the lens I have been mindful to cultivate over the years. Without MS as my catalyst, I don't believe I ever would have gone on an inspiring healing journey. Would LEM even exist? I'm grateful for my shift in perspective early on of 'how this is happening for me, not to me'. It is so clear, then and now, that there was clearly a fork in the road and I know I took the road less travelled and yet, the most rewarding for me!

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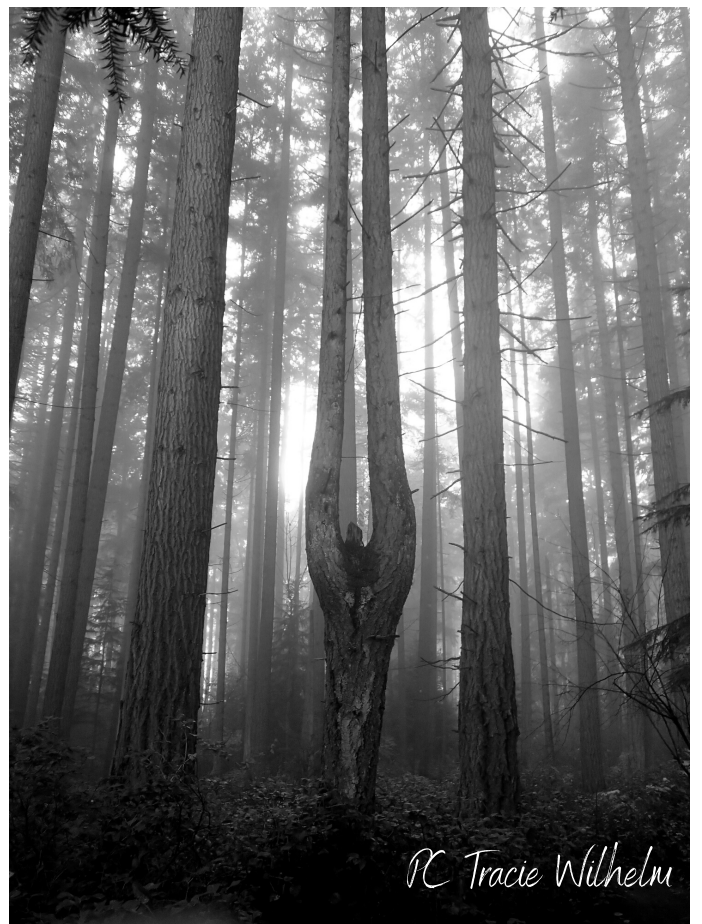
ASK YOURSELF THESE 6 QUESTIONS TO PROMOTE POST- TRAUMATIC GROWTH



People develop new understandings of themselves, the world they live in, how to relate to other people, the kind of future they might have and a better understanding of how to live life

Dr. Tedeschi

1. Of course we would never wish a traumatic experience on anyone. Stretch your perspective to discover what wisdom you have gained as a result of a traumatic life experience.
2. List 3 positive attributes or strengths that you have relied on in this experience. Have these strengths surprised you? Do you notice any new strengths?
3. How have your spiritual practices or beliefs changed during this challenging time?
4. What relationships are most important to you in your life at the present moment? Are there new ones? Have old ones been redefined or strengthened in a way that surprises you?
5. What was most important to you before this challenging experience began? In comparing that to now, what has changed? Has there been a shift in priorities or values?
6. Before this challenge, it's possible your life was on a different path. In the case that this challenging experience didn't take place, what about your current life would have never happened? What would you be missing if you never had this fork in the road?



PC Tracie Wilhelm