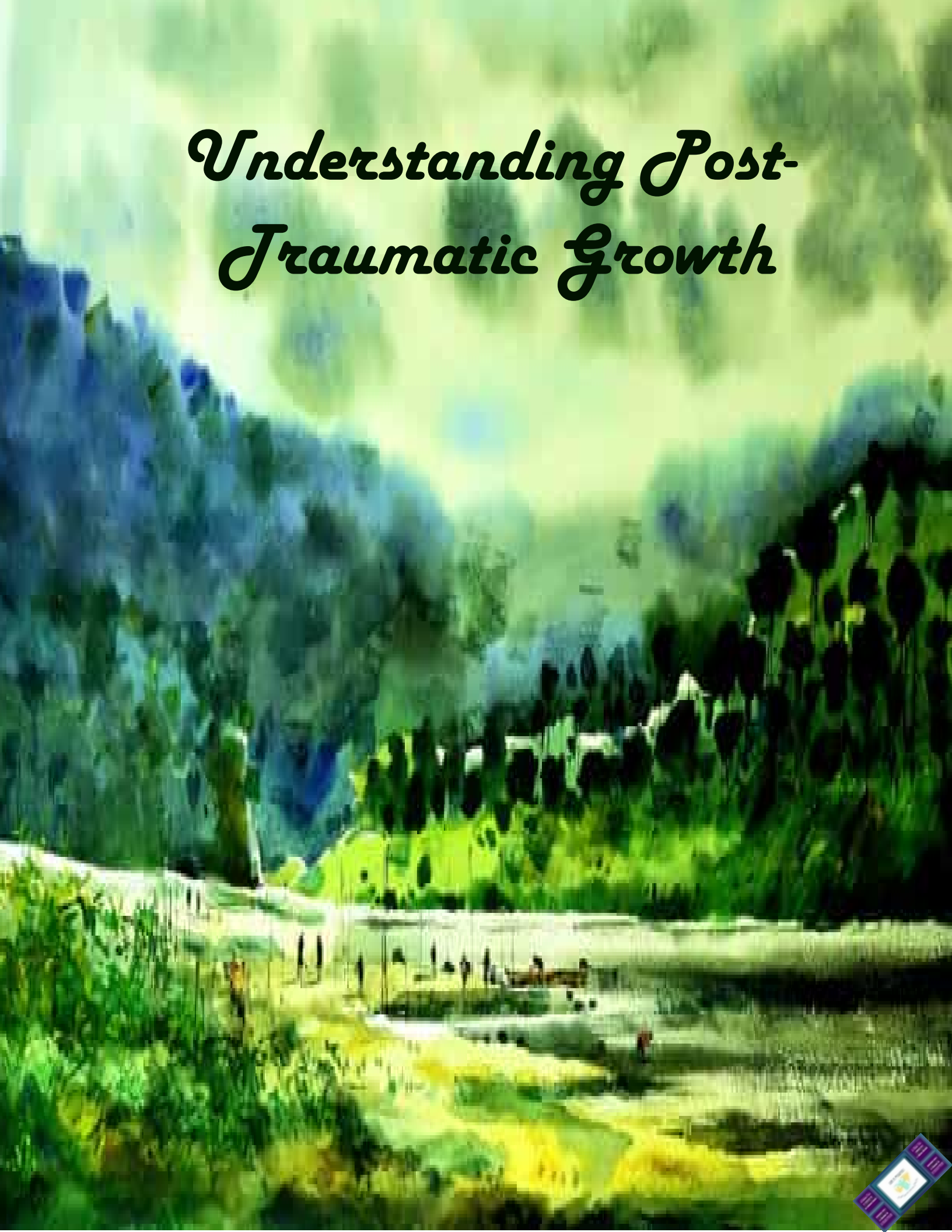


Understanding Post-Traumatic Growth



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Objective

To complete an inventory identifying aspects of your post-traumatic growth (PTG).

What to Know

As you recover from trauma, you have choices. Researchers have discovered four options you face following trauma: succumbing to adversity, surviving with diminished quality of life, becoming resilient, and thriving. The concept of thriving promotes growth beyond survival, or Post-Traumatic Growth (PTG). PTG is a process of significant and often positive shifts in thinking, feeling, behaving, and relating to the world, including increases in:

- self-efficacy
- optimism
- community connectedness
- spirituality
- faith
- compassion
- family closeness
- material gain

It is the characteristics of the subjective experience of the event – rather than the event itself – that influence PTG. The following are key areas of PTG.

- 1. Greater appreciation for life.** You may treasure moments of peace or connection you previously took for granted. You might have a renewed sense of priorities and develop an improved capacity to focus attention and resources on your most important values.
- 2. Strengthened spiritual beliefs.** The social support received from others who share similar beliefs can help you recover. Spiritual beliefs can help you restructure your worldview.
- 3. Enhanced relationships.** You might become warmer, more vulnerable, and closer to others. Belonging to a group, sharing, and communicating may open new doors. You may be more empathic and willing to invest more energy into your relationships.
- 4. Increased personal strength.** Mastering adaptive coping skills can change your perception of events. The ability to accept situations that cannot be changed may open you to new experiences.
- 5. Discovering new options.** Armed with new skills, you can find the determination to go on. Learning adaptive problem-solving skills can help you face new possibilities.
- 6. Increased creativity.** You might find it easier to try new, creative ways of doing things. You can become more playful and appreciate different art forms. Creativity makes life more fun. You might write letters, keep a diary, draw, or sing.



Review the statements you marked with 5 or above. In the table below, copy these statements in the left column. In the right column, write a short description of how each changed your life.

| High-score statements | How did this change your life? |
|------------------------------|---------------------------------------|
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