

Appendix D

Fundamentals of a Self-Help Journey

It is vitally important for anyone beginning a healing journey to focus on specific aspects of the recovery process that relate to motivation and commitment. Healing from childhood trauma can be a long and challenging endeavor that requires persistence and resilience. The following practices lay a framework for lasting growth and true transformation:

- **Clarity of the Healing Process:** We must understand why healing is necessary and what goals must be set.
- **A Support System:** We need others who can come alongside to encourage and keep us grounded. The need for a support group works for some, while others may also need professional help.
- **Self-Compassion:** We have to be okay with making mistakes. We must give ourselves grace, and focus on what we are getting right, not wrong.
- **Celebrate Small Wins:** We could keep a journal or hang something on the wall that gives us visibility of all our victories as we pursue healing.
- **A Growth Mindset:** Challenges are to be considered growth opportunities. We must believe that healing and transformation are not only possible but probable as we put in the work.
- **Consistent Routines:** We must establish a structured approach to our journey, exhibiting daily habits that lead to consistent transformation.
- **Accountability:** Being honest and open about our struggles frees us from trying to be perfect. It also allows us to normalize the way our healing journey is unfolding. It ensures that when we do have someone in our corner, we will have feedback and accountability from their input. And trust them with our vulnerabilities.
- **We must have gratitude.** This is about seeing the glass half-full instead of half-empty. It is a daily practice of being thankful for second chances and for the opportunity to write a new narrative.
- **Getting Plenty of Rest:** We need to remember how much emotional energy we draw from each day and be diligent about getting rest.
- **Get Educated:** Many resources are available to assist us in recovery. Whether that is books, videos, classes, etc., there are many avenues to learning and understanding every aspect of childhood trauma.
- **Faith or a Spiritual Connection:** My faith equipped me for the healing journey I began many years ago. Faith provided purpose and meaning to my life, allowing me to rise above the obstacles of my past.
- **A Vision Statement:** Writing down goals gives them life. So, believe in your dreams,