

# TRAUMA RECOVERY CONNECTIONS USING THE CONNECTIONS WITH OTHERS APPROACH

***The key to happiness is realizing that it's not what happens to you that matters, it's how you choose to respond.***

***k.d.harrell***

## **Connections with Others**

One of the most useful exercises is the Connection with Others strategy.

The rules are as follows:

1. Identify two to three activities of interest within the following four domains (physical; intellectual; creative; spiritual).
2. Ensure that all selected activities occur within a social context with other people.
3. This is an experiment so keep it fun.
  - Stage I: Simply investigate options or activity areas within each domain.
  - Stage II: Select one activity from at least three of the four domains to try out.
  - Stage III: Try out the activity.
  - Stage IV: If you like it continue, if not choose another to try out
  - Stage V: Continue moving through your options until you find 3 or 4 that you truly enjoy and wish to continue.

# CONNECTIONS WITH OTHERS APPROACH

## CONNECTIONS WITH OTHERS

Identify activities that may interest you within each of the four cluster areas that include a social component. Investigate what is available in your vicinity to participate in, or create your own group. Select 2-3 items to get involved in at least once each month. Develop your social life and become involved in your community. Decide if a given activity is a good fit for you only after attending at least 3-4 times. If not, move on to the next.

1. Physical (e.g., walking club; yoga class; bowling)

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2. Intellectual (e.g., book club; university/college course; astronomy club)

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3. Artistic/Creative (e.g., painting class; pottery class; scrapbooking)

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4. Spiritual/Religious (e.g., join a religious church/temple; learn to meditate; volunteer in a homeless shelter)

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