

CREATIVE PURSUITS EXERCISE

OVERVIEW

The following exercise is to be used in conjunction with our book, “*What Is PTSD? 3 Steps to Healing Trauma*” for best effect. Please visit www.WhatIsPTSD.com for additional resources.

GOAL

The goal of the *Creative Pursuits Exercise* is to explore creative outlets for your self-expression and to find activities that truly make you happy and perhaps even help you find your passion!

TIME OUT

Always reflect on your inner state and notice if you need a break from the exercise to find your inner calm.

MATERIALS AND LAYOUT

Pen or pencil and the form we have provided on the following pages.

PATH TO COMPLETE

1. Search for creative outlets available in your community. There are lots of classes that are free or offered for a nominal fee that may be just what you are seeking. Join a pottery or painting class, a scrapbooking club, or a jewelry class as May did. Resolve to attend at least three to four of these classes to see if it resonates with you. List some ideas below:

2. Select two to three ways to become socially involved with others, at least once each month. If your original choices are not to your liking, try another and another until you find a creative outlet that speaks to you. Perhaps it is gardening or music – something that allows you to gain a state of relaxation and calm while expressing yourself creatively.

3. Decide if any one of these activities is a good fit for you only after attending at least three to four times. If it’s not a good fit, move on to the next! Explore how you can creatively honor the traumatic event such as May did in creating and dedicating her first three pieces to her sister and nieces. Provide your art with the meaning of what the experience meant to you and allow it to be an integral part of your healing.
