

SPIRITUAL & PERSONAL GROWTH 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

Our goal with the *Spiritual & Personal Growth Exercise* is to help you identify new ways to help feed your soul, beginning with defining who you are and the *script* you may be following. It is important to identify the repetitive patterns of thoughts and behaviors that keep you doing things in the same way and that keep you back from stepping outside the box to discover what your passions are and to expand your thinking into new areas

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. It is often difficult to see our own value, our own impact on the world at large, so begin this exercise by trying to see yourself through the eyes of someone whom you love and admire. What do they think of you? What are the gifts that they feel you have given to them? How would they remember you if you were no longer here?

2. What are five ways in which their lives are different because you were in it?

3. Try to imagine yourself at a younger age (five to 20 years ago). What fed your soul before you had responsibilities like a career and a family? What could you do for hours without even giving it a second thought and without regard to income for your activity?

4. What is your true purpose for being here? What would feed your soul now? Exploring your spirituality by joining a religious order, church or temple? Learning to meditate or to getting in touch with nature? Performing community service by volunteering at a homeless shelter? Take time to reflect on the gifts you feel you have to offer the world and how to best provide them. Decide if any one of these activities is

a good fit for you only after attend-ing at least three to four times. If it’s not a good fit, move on to the next! List at least five activities of a spiritual or personal growth nature that you would like to explore:
