

This Exercise is one that we find extremely helpful when individuals are trying to get back to meaningful activities after experiencing a trauma. It can be an essential component of your trauma recovery.

TRAUMA RECOVERY CONNECTIONS USING THE CONNECTIONS WITH OTHERS APPROACH

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

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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)

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

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

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