

Post-Traumatic Growth Sheet

Find a quiet space and use the prompts as a jumping-off point to step through your challenges and strengths during the last year.

1 Challenges during the pandemic

What kind of challenges have come up for you in each area?

- Mental Wellness _____
- Emotional Wellness _____
- Spiritual Wellness _____
- Physical Wellness _____

2 Evaluate your strengths/opportunities for change

Check any factor you feel you have that can contribute to your growth

Personal Factors

- Self-efficacy
- Emotional Regulation
- Self-expression
- Confidence
- Radical Self-acceptance
- Health
- Past Experience

Environmental Factors

- Family
- Personal Relationships
- Friends
- Colleagues
- Teachers or Guides
- Financial Resources
- Neighborhood or Community

3 Indicators that you are moving toward Post-Traumatic Growth

- Appreciation for life
- Improvement in Relationships
- Seeing new possibilities and opportunities
- Personal strength - Enhanced self-perception and self-acceptance
- Spiritual enhancement - renewed philosophy and meaning of life