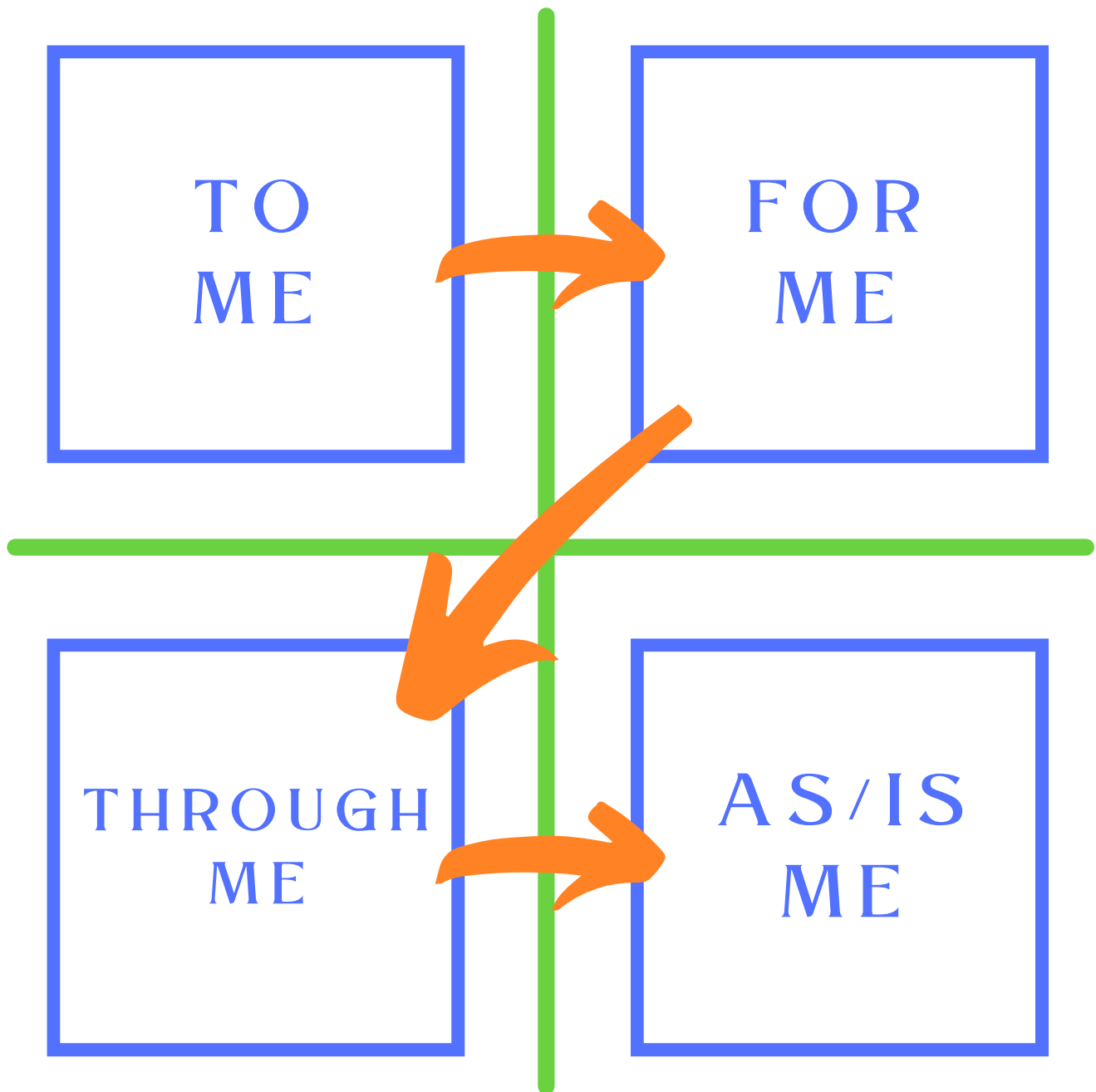


# LIFE TRAUMA CYCLE

(How You View Life Happening)



## LIFE TRAUMA CYCLE

The life trauma cycle depicts the way in which we view life.

About 90% of us see life in the context of the 1st quadrant: To Me. This is where we get stuck in the "Whys" and in our story. We feel the world is against us and if we didn't have bad luck, we'd have no luck at all. This really could be referred to as the "Me, Me, Me" quadrant.

Now if we make the decision to start healing from our struggles, we will slowly transition over to the second quadrant: For Me. This is where we start to heal through the pain and understand the trauma in our lives happened for a reason. Now that doesn't nullify or justify the trauma, but it's where you begin to understand that there is meaning and purpose attached to it - as in you start to change your perspective from "Why me?" to "What do I need to learn from this?"

The 3rd quadrant is a move from learning to teaching and from "For Me" to "Through Me". At this point you realize

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what occurred happened for you so now you can use your pain and what you've learned to work through you and help others. This is where the phrase comes in I often use, "I get you cause I was you."

The 4th quadrant is the ultimate goal and that's where you'll find meaning and purpose in the pain: As/Is Me. This is where your deep healing truly begins. At this point, you will be released from the bondage of emotions, feelings, thinking patterns, etc. which had previously held you hostage. Your perspective will have changed and you can now view life not through a broken, trauma filled lens, but through the lens of a heart that is free.

