

## STEPS TO RECOVERY USING THE T.H.R.I.V.E MODEL

SIGNPOST		DESCRIPTION
<b>T</b>	<b>Taking Stock</b>	<p>Coming to an understanding of traumatic events is the first step to recovery. People need time to take stock and process what's happened. Family and friends are an essential help, providing a listening ear and encouragement.</p> <ul style="list-style-type: none"> <li>• Check you are physically safe</li> <li>• Seek right support (mental, physical, relational, legal etc)</li> <li>• Check you are getting enough sleep</li> <li>• Maintain routine (stay physically active)</li> <li>• Deliberately do things you enjoy and learn to relax</li> <li>• Be kind to yourself</li> <li>• Become self-aware: understand your triggers, your emotions and how they influence you.</li> <li>• Observe your reactions (don't judge yourself)</li> <li>• Avoid avoidance where it becomes escapism (e.g. overworking, reliance on alcohol or drugs)</li> <li>• Connect with others family, friends or support groups</li> </ul>
<b>H</b>	<b>Harvesting Hope</b>	<p>Trauma can leave people feeling hopeless and struggling with a negative outlook on life. Everyday tasks can become almost impossible. A signpost of recovery is restoration of personal hope. Hope is something that comes from ourselves and reflects our thinking patterns and outlook on life. A positive mindset leads to much greater satisfaction in life and better performance overall in health, study, work and relationships. If you possess hope that the future will bring new possibilities you are already on the road to change. Setting and working towards achievable goals (small steps) is another important step to release hope.</p>
<b>R</b>	<b>Re-authoring</b>	<p>Personal transformation often takes root in adversity. Re-authoring involves moving from thinking of ourselves as victims to thinking of ourselves as survivors, and even as thrivers. Thrivers are those who are able to rewrite their stories. This not denying what has occurred, but being able to re-author comes with time and is about understanding the meaning of your life and focusing on the things that matter most. As we see that good can come out of it we building resilience, then change for the better will naturally occur.</p>
<b>I</b>	<b>Identifying Change</b>	<p>Changes often come as small steps. They can be easily overlooked, so identifying change is best done in reflective moments. It is important to acknowledge how you are changing as a way of harvesting hope along the journey. Journaling is a powerful way of recognising new achievements in your journey of recovery. This can be along the lines of improvements in your self-confidence, closeness of relationships, self-acceptance, greater meaning in life, thankfulness, and resilience - just to name a few.</p>
<b>V</b>	<b>Valuing Change</b>	<p>This is valuing and celebrating even the small steps of growth in your life. It realises the lessons you are learning and celebrates every positive step. Tracking your gratitude and making it a daily habit as part of your prayer life is a great way to express valuing change.</p>
<b>E</b>	<b>Expressing Change</b>	<p>Expressing change in action is the last hallmark of recovery. Doing something for others, focusing on needs of a friend, family or someone in the community will bring great improvement to your life. Having concrete actions can consolidate your growth and further escalate the healing process. Practical application will show that you accepted yourself, acted autonomously, exhibited purpose in life, improved your relationships, achieved a sense of mastery and found your way to personal growth.</p>