

Victim	Survivor	Thriver
"Depression"	Movement of feelings	Aliveness
Doesn't deserve to enjoy life	Struggling to Heal	Gratitude for everything in life
Low self-esteem/shame/unworthy	Sees self as wounded & healing	Sees self as an overflowing miracle
Hyper-vigilant	learn to relax	Able to experience peace
Confusion and Numbness	Learning to grieve, grieving past un-grieved trauma	Grieving at current losses
Hopeless	Hopeful	Faith in self & life
Hides personal story	Not afraid to tell their story to safe people	Transforms to Hero's Journey
Feels Defective	Compassion for others and eventually self	Open heart for self & others
Often Wounded by Unsafe Others	Learning how to protect self by "share-check-share"	Protects self from unsafe others
Places Own Needs Last	Learning healthy needs	Places self first
Creates One Drama After Another	Sees patterns	Creates peace
Believes Suffering is the Human Condition	Feeling some relief,	Finds joy and peace
Serious All the Time	Beginning to laugh	Seeing humor in life
Inappropriate Humor, Teasing	Feels associated painful feelings	Uses healthy humor
Numb, or Angry Around Toxic People	Increased awareness of pain and dynamics	Healthy boundaries with all people
Lives in the Past	Aware of patterns	Lives in the Now
Angry At Religion	Understanding the difference between religion & spirituality	Enjoys personal relationship with a Higher Power