

Post-Traumatic Growth



Have you ever heard of the saying 'there's light even in the darkest of places'? This means that even when we experience a trauma or something difficult happens to us, positive things can still come out of this negative experience. When difficult things occur, we tend to expect it to always have a negative effect on us, but in fact, difficulties can often offer opportunities for us to learn, grow and develop. This development following trauma is called post-traumatic growth, and it can come in the form of lessons learnt, personal development, or new and exciting possibilities that have come about following the difficult experience. An example of this could be someone going on to study to be a nurse following witnessing a family member's illness, or being more self-aware and focused on one's own needs following domestic abuse. Complete the worksheet titled 'My Post-Traumatic Growth' to explore how you have developed following your difficult experience.