



Post-Traumatic Growth

What is Post-Traumatic Growth?

Post-Traumatic growth is developed from the experience of post-traumatic stress. It is a result of the cognitive process used to cope with traumatic events. Growth can emerge from personal struggles.

Changes You Will See In Yourself

- How you view yourself
- How you view your relationship with others
- Your philosophy on life
- Help foster social change with community groups and charities

Evidence of Post-Traumatic Growth

- An increase in self-confidence
- More focus on enjoying life in the present moment
- An increased acceptance of morality
- A greater appreciation of life
- Increase in feeling more open and concerned for others
- A stronger connection with spirituality and religion
- 30%-70% of survivors of life threatening events say they have experienced positive changes following the traumatic event

It is in the struggle of suffering that growth may arise.

Important Things to Remember

- Life is uncertain and things can change quickly.
- You must be flexible in order to deal with life effectively.
- The choices you make in life have consequences.
- The experience of trauma does not have to be devastating or set you back. You can experience positive changes of one form or another following the traumatic event.
- Be aware of the stories you tell yourself – you have the power to tell new stories that will help you overcome adversity and move forward.
- It is not what happens to us that determines our reactions, but rather the meaning we make of what happens to us.



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firefighterwife.com or email firefamilysupport@frhealth.com.