

## **How To Begin Your Post-Traumatic Growth**

### **QUESTION:**

I've been through so much; how do I grow from it without bypassing the pain?

### **ANSWER:**

Anyone who's been through 'stuff' gets to a point in life when simply surviving is no longer enough. You don't want to keep 'getting by' anymore; you want to live, achieve, laugh, love, and rise.

Growth after trauma can feel strange, almost shameful. As we try and unite the version of us who gazes back from the mirror with the person we know we're capable of being, the bridge between the two versions seems impossible to navigate let alone cross. We ask ourselves, 'who am I to thrive after everything I've been through?' What if growing means what I went through no longer matters? That the people who hurt me get away with it? Or worse, they take credit for my growth?

Post-traumatic growth doesn't mean you're OK with what you've been through, or that you've forgiven and forgotten. It means you've stopped allowing what happened to have a strangle-hold on your emotional freedom and a grip on your personal growth. You've decided your past doesn't get to dictate a limiting story

about who you are or give a biased meaning to what you're capable of achieving. Your trauma is not your whole story. In fact, when you think about the amazing growth you're capable of achieving, your past experiences will end up being a tiny dot on the landscape of your life. Post-traumatic growth means you've chosen to grow *despite* your experiences.

Here's how to start healing:

### **1. Understand That Growth and Grief Can Co-exist**

You can honour your pain without living in it, you can feel joy while still carrying sadness. Growth doesn't erase trauma, it just adds meaning, strength, and direction to your recovery. You're allowed to grieve and rise in the same breath.

### **2. Acknowledge What You've Already Survived**

Before you look too far ahead, take a moment. Look at everything you've lived through and how you showed up for yourself anyway - even in the mess, even in the dark. That was growth. Quiet, slow, uncelebrated and real.

### **3. Ask Yourself: What Did I Learn About Myself That I Want to Keep?**

Trauma strips us but growth reveals us. Maybe you found strength, clarity, boundaries, a deeper intuition. Maybe you stopped tolerating what once broke you. Growth is

not about becoming someone new, it's about returning to who you were beneath the survival mode.

#### **4. Let Go of the Idea That Healing Must Look Perfect**

Post-traumatic growth is not all yoga mats and sunrises. Sometimes it's rage. Sometimes it's tears. Sometimes it's rest. Don't compare your process to someone else's. Your growth may look messy but it's sacred - and it's yours to do whatever you want with.

#### **5. Redefine What Strength Looks Like to You Now**

Maybe strength *isn't* pushing through, maybe it's slowing down, saying no, asking for help, loving and respecting yourself and your boundaries fiercely. Let growth be what feels honest, not just what looks impressive. Your strength isn't in your silence; it's in your independence, your self-determination, and your emotional freedom.

#### **6. Let Your Purpose Emerge from Wholeness, Not Pain**

You are more than what you've been through. Your purpose is not to be a walking trauma story. Your story is part of you, but it is not the whole of you. Grow for you. Not to prove. Not to preach. Just to become who you're capable of being.

#### **Bonus Step: Accept That Growth Isn't Linear**

Some days you'll feel like you've regressed, other days will be filled with light-bulb-moments and revelations as new

thoughts and ideas emerge from the hidden depths of your emotional recovery. Don't judge your growth by your mood; judge it by:

- Your return to self-trust.
- Your willingness to shut down any communication that feels disrespectful and exploitative.
- Your unwavering determination to set and keep your boundaries.

Every time you stay on your new path refusing to be dragged down old roads on destructive journeys you **grow** instead of **abandoning** yourself. That's a healing habit worth developing.

**Affirmation:** I am not what happened to me. I am what I choose to build from it.

**Journal Prompts:**

1. What has amazed you most about your newfound perspective on your past experiences?
2. What values or boundaries became clearer because of what you experienced?
3. What strengths did you discover that you didn't know you had?
4. What are you no longer willing to tolerate and why do you believe that's growth?

5. What kind of life are you now creating from this deeper place?

**Visualisation:**

Picture yourself as you may once have been during your trauma - raw, fragile, scared. Now picture yourself in a beautiful landscape - on the beach, in the countryside, or in a garden. There's an open fire with a beautiful display of dancing flames. Walk close enough to the flames to feel their warmth. The flames are here to cleanse your past, your traumas, and your heartbreaks. These flames remind you of your power, your strength, your determination. Allow the flames to transform your experiences. Feel the past pain and sadness, then feel the release. Take a deep breath in, hold, and exhale when you're ready.

You step away from the flames feeling whole, strong, and free.

**Affirmation:** I do not rise from what I lost but to embody the flames within me that ignite my soul.

This is your new beginning.

**Conclusion**

Post-traumatic growth is not about sugar-coating trauma or glossing over your pain. It's about taking back your power from the people and places who stole it. You're not

broken; you're becoming the woman you were born to be without layers of emotional debris burying you.

### **Final Thought**

You and your potential are so much bigger than who and what hurt you. The trauma may always be part of your story, but it doesn't get to be the whole story, the ending, or the truth of who you are. You're not just surviving anymore. You're becoming everything they said you wouldn't or couldn't be. You're defying not only gravity, but old patterns and conditioning.