Trauma Recovery

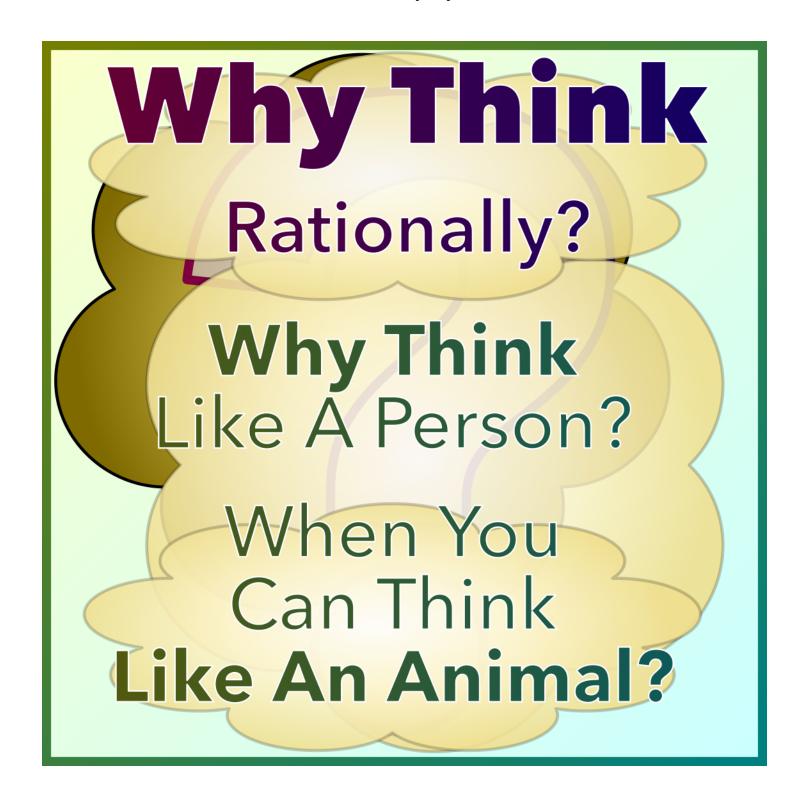
by Ben Huot www.benjamin-newton.com

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Why Think?

Why Think Rationally?
Why Think Like A Person?
When You Can Think
Like An Animal?



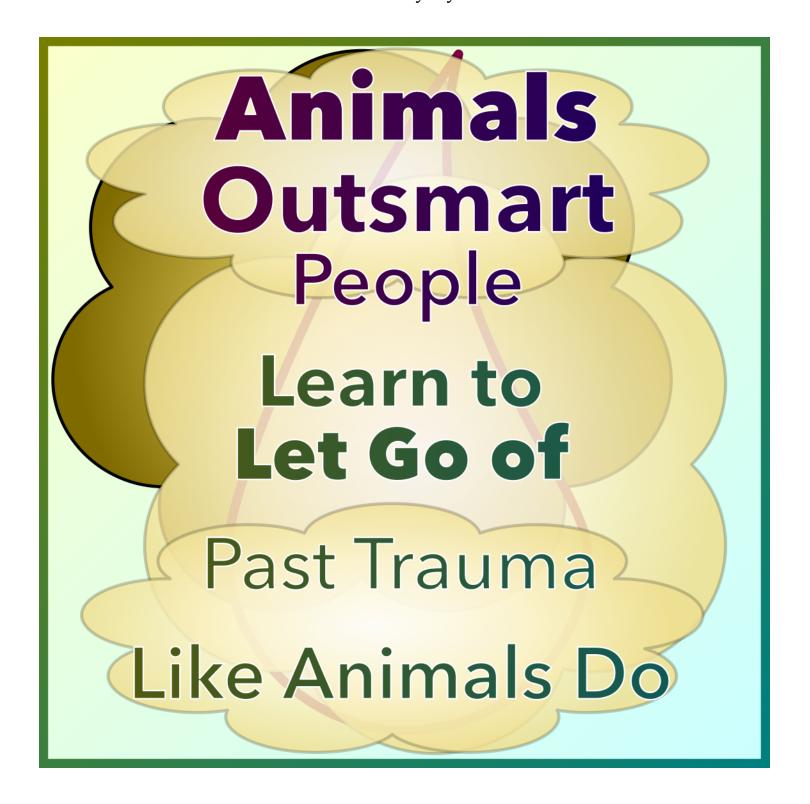
Stop Thinking

Stop Thinking About Pain! Recovery Means Forgetting Move on Emotionally



Smart Animals

Animals Outsmart People Learn to Let Go of Past Trauma Like Animals Do



Not Thinking

Not Thinking

Be Thankful
Forgive Others
Distract Yourself
Do Meaningful Work
Make New Memories
Focus on The Positive
Help Others Like You

Not Thinkin Be Thankful **Forgive Others Distract Yourself** Do Meaningful Work Make New Memories **Focus on The Positive Help Others Like You**