

Trauma Recovery by Ben Huot

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by Ben Huot

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Why Think?

Why Think Rationally?

Why Think Like A Person?

When You Can Think

Like An Animal?

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

**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



**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 Thinking

Be Thankful

Forgive Others

Distract Yourself

Do Meaningful Work

Make New Memories

Focus on The Positive

Help Others Like You

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