



What To Do With Trauma?

Whew! Let's be honest. Life brings some pretty hard sh** your way, sometimes. It's inconceivable that you'll go on, but against your conscious will, big changes shake your life to your core! I don't think it matters what it is or what others perceive; if it hits you hard, it hits you hard, and you usually don't see it coming. How can you ever get over it?

Well, maybe that's the challenge. We're always told to get over it and move on, but move on to what? My advice is to not try to get OVER it, as though it never happened. Instead, let yourself go THROUGH it, even when you don't know entirely what IT is. That's why it's there, after all, to allow learning on countless levels by going through it. It's not to punish you and no, you don't deserve it, it's just there and now, it's time for you to decide what to do with it! Your choices are FIGHT, FLIGHT, or FACE IT! Be careful not to get stuck in the self-destructive mode of anger over not deserving it, or that God or the universe is not taking care of you. It will cause you to sit in the anguish and pain unnecessarily. You always have the choice.

When you are ready, say "thank you and goodbye" to anything you no longer wish to carry forward with you. This gives you more room to pick up new things you can use. Just ask yourself, "Is this helping me to grow and move forward now?" If the answer is NO, allow yourself to leave it with love and appreciation for getting you to where you are. No guilt is required as you leave it, that's just one more thing that adds weight (and WAIT) to your future adventures. If it's a person you're letting go of, they don't necessarily need to be involved if you have already had your ending. It's really you, in your mind and heart/soul, that needs to let all parts of a relationship go. If it's a habit or belief or lifestyle, it may be easier to picture it as a person, and again, tell it thank you for the lesson and for getting you this far, and then send it off with love. Nothing is a mistake or life sentence, it's just food for growth. If something you let go of shows up again, don't be discouraged. Tell it, "I appreciate the memory and the reminders, but NO THANKS." You're much farther on your life path now and don't need to go backwards. Perhaps it's all to help you remember to allow room for, and to pick up new things, including relationships that warm or excite your heart. The world is yours and is here for your happiness, all for the small effort of just reaching out a little and taking that chance of REALLY getting to know who you are. It's easier than you think when you don't have your arms full of unnecessary burdens.

No one can define your trauma but you, because no one but you has all your experiences and feelings and so, you are the only one that knows how it affects you. Never waste time analyzing how something should or should not affect you, and don't make it grow by ignoring it or numbing yourself with other harmful behaviors. Respect yourself and acknowledge and honor your feelings, whatever they are. It can be anything from a horrible event to a simple look from someone that left you unsettled. It can be clear and sharp or a gray area of a misunderstanding or misconception. It doesn't matter. All that matters is how it impacts you and how it weighs heavy on your heart and your life now. No one gets by with just one intense setback in life; more of us have a whole pile of them!

Believe it or not, we all have our share of life's moments of being dropped to our knees, but somehow, we find the strength within ourselves to keep going. I urge you to keep going—it is the whole reason you were born, to keep going on this journey and to expand in this life. You have to admit, your biggest "growth periods" have come from these rough times. Know it's not the only way, though, and know you are not meant to wallow in the suffering. In fact, I beg you to not spend too much of your precious time in the dark pit and to NEVER, not for a second, feel like you deserve the pain. I'll never forget the times in my life, as things piled up over time and I was in that dark place of self-pity for too long, thinking life was just TOO HARD; twice I was given the opportunity to LEAVE this life. Both times, I was literally in a gray mist, looking down at the scene. First in 2005 while sitting in my totaled car with two broken bones in my neck, and again in 2014 while lying on a gurney in the ER because my body started to give out from a series of health issues. The first time, I immediately replied, "Please God, my kids need me." The second time, less afraid to die, I pondered it some

and finally decided to stay for me, to have a chance to go farther on my journey here. In both cases, I was instantly back; I believe God is kind and listens, and will always bring us what we yearn for, at the best time for us. I gently caution you: BE CAREFUL WHAT YOU WISH FOR! Truly, whatever you focus on the most and with the most passion WILL be prominent in your life! (It's a prayer!) Make it GOOD stuff and the things you really want, even if you're not evolved enough yet to know you deserve all that is good and bliss. You are here to find peace; don't give up too easily!

Life can be extreme and push you past your limits because THERE is where you find out what you're really made of. Only then, do you realize that you're much more capable than you could have ever imagined. As you evolved more and more into who you really are, thanks in large part to the traumatic experiences in your life, new things are desired or are presented, very often without you even realizing it at the time. And now, only because of what you've been through, you are brave enough to go after them, or allow them into your life! I truly believe here's always a gift or a higher good or purpose in everything in life, even when I can't comprehend or see it at the time. It often becomes clearer, later on.

Look at past events as life just happening, not as a mistake or as punishment to anyone! Then look at where you are and instead of wallowing, look up, and realize it is the first day of a NEW chapter in your life and there are always new opportunities and new things to venture into, every day, both inside yourself and in the outside world. It's just NEW, that's all, and let's face it, new is the best way to learn, isn't it?

Now, how to continue in life. BRAND NEW. Say these words out loud or in your mind as you put your feet down on the ground, straight out of bed, every morning, and as often as needed throughout the day. You will always know what you've been through and what you learned about yourself. **You are amazing and capable of much more than you ever imagined. You are a survivor—no, a THRIVER—here to make the world a better place, NO MATTER WHAT!**

There is no need to carry any burdens forward with you. There is no need to punish yourself further by wearing the mark of your past, in any way. You deserve to hold your head high and to enjoy all the good things in life, especially the people. That is the truth for all of us, NO MATTER WHAT! No one is judging you for what you've been through, **they only care who you are today**, so be kind enough to yourself to respect that about yourself, too.

The famous Zen Monk Thich Nhat Hanh recommends you comfort yourself by telling yourself, "I am here for you," just as you would a crying baby. A part of you is crying out and needs consoling. Embrace it, lovingly, with the self-compassion anyone deserves. One final reminder: You can't give your best to anyone or anything unless you are at your best to begin with. Think of others if you need to, to keep the self-compassion present at all times, knowing you can

"Raise \$1 million for charity while making the world a happier place!"

-Mary Anne, Author
RISE ABOVE THE SH**!

only offer others what you give to yourself, but work on understanding a little more about your importance to the world. Each moment is BRAND NEW; this moment is all you have control over now and it is all that matters! ~Mary Anne

©Copyright Annie Press

More FREE notes and book info at:

ANNIEPRESS.COM

**TEENS
RISE ABOVE**
TeensRiseAbove.com



Make life incredible, no matter what!

Raise your eyebrows and your standards in life!

Considerate gift for anyone 13 years & up!

We donate funds to charity for every book sold!