Developmental Trauma Healing: Supporting Elements

Progress in any of these supporting elements supports progress and stabilization in the other elements.

For example, through claiming my voice and finding the clarity and courage to speak up and be seen, I can reinforce my sense of self-worth, feel my needs more clearly, and feed my creativity and other forms of expression.

Other Elements that could be included here are Boundaries, Gratitude, Curiosity, Faith, Hope, Breath, and Life Force

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