Reclaiming your life

List what has dropped out of your life since the trauma and plan small steps to bring it back.

Name _____ Date _____

After trauma, life often gets smaller. People stop doing things they used to enjoy or that gave life meaning. Sometimes because of fear, sometimes because nothing feels worth it. Taking these back, bit by bit, is a central part of recovery.

Something I have stopped or cut back	Why it mattered to me	A first small step
Meeting friends for five-a-side	*Fun, fitness, feeling part of things*	*Text Dave and go to watch one game*

The one I will start with, and when

What might get in the way, and what I will do about it

After I did it: how did it go, and how did I feel afterwards?

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