

Lesson 8: Understanding Stages & Impact

Recovery, Resiliency, & Post- Traumatic Growth

"BACK TO NORMAL"

RESILIENCE

POST-TRAUMATIC GROWTH

PROTECTIVE FACTORS



The Importance of Words



"Victim"
vs.
"Survivor"



Personal
Identity
Markers



"We"
vs.
"I"



How to Apologize

TAKE RESPONSIBILITY, COMMIT TO CHANGE

1. Acknowledge your mistake ("I'm sorry my behavior hurt you.")
2. Thank the person ("Thank you for telling me how my behavior impacted you,")
3. Change your behavior moving forward ("Now that I know how this behavior impacts others, I will work on no longer behaving that way.")

DO NOT:

Try to communicate intent, include any "but"s or "if"s, continue the behavior

Resources & Additional Learning

GROWTH AFTER TRAUMA

<https://www.apa.org/monitor/2016/11/growth-trauma>

SURVIVOR (VS. VICTIM): WHAT PEOPLE MEAN

<https://medium.com/@bennessb/survivor-vs-victim-what-people-mean-1b54034ac452> - note that this article discusses sexual assault

VIDEO: GETTING CALLED OUT: HOW TO APOLOGIZE

<https://youtu.be/C8xJXKYL8pU>

