

River of Life, Trauma Resilience Workshop

(name)

1. Important events in my past: _____

Inner strengths that helped me in my past: _____

External strengths and resources that helped me in my past: _____

2. Important events in my present (today and recent past): _____

Inner strengths that help me now: _____

External strengths and resources that help me now: _____

3. Important events in my future: _____

Inner strengths that I will carry into my future or that I anticipate obtaining in my future: _____

External strengths and resources that will help me in my future: _____

Steps to arrive at my desired future: _____
