



# *AFTER a trauma, imagining post-traumatic growth can foster hope*

**A**ppreciation of life

**F**aith or existential awareness

**T**enacity, personal strength

**E**xploration of new possibilities

**R**elationships with others

What have you started to appreciate more or differently?

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What has meaning in your life? What role/project would give meaning?

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What has impressed you about your reaction so far?

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What new possibility would you like to explore that you have put off up to now?

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What has changed for the better in your relationships?

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