

EXPECT DELAYS:

HOW TO RECLAIM YOUR LIFE, LIGHT AND SOUL AFTER TRAUMA

by Dr. Danielle Delaney

Welcome to my bonus page. I'd like to start off by having you answer some questions about what you are going through right now.

Grab a pen and a piece of paper, or your journal. Come along with me, and answer these questions to get you started on the road to helping YOU to help yourself as well as identifying some of the biggest stumbling blocks you are encountering in healing, and some assists for finding you some support.

QUESTIONS TO ASK YOURSELF:

- 1.) What happened? Can you write about it a little bit here?** Tell yourself the truth about what happened to you and what the trauma is or was that you want to work to overcome. Long or short sentences, negative feelings about it...put it all down on paper.
- 2.) Do you believe that this happened to you? Do you accept it?**
- 3.) Is this something, such as a natural disaster or an accident, that everyone knows about, or is this something that you have not shared with anyone? If it has been a secret, why do you feel that you have wanted to keep it that way? Fear? Judgment? Pity? Why?**
- 4.) Have you reached for help before?**
- 5.) If so, what was the result? Did you feel supported? Judged? Lost? Helped? Confused?**
- 6.) Are you ready to believe that this storm, assault, tsunami, betrayal, molestation, rape, attack, beating, violence, relationship, person, pain, fire, loss, or any other traumatic event does not have to define you or your future?**
- 7.) Why? Why not?**
- 8.) How are you spending your time on a daily basis? What do you think and feel might need to change to give you more balance as you learn tools to cope?**
- 9.) With whom do you spend your time? Do you feel understood and supported by them? Are they a fountain, or a drain to your energy and your self-care?**

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10.) Where in your life and with whom do you feel unsafe or uncomfortable, feel the need to cover up, downplay your trauma, or exaggerate, or in any other way feel like you are hiding and not being free to be yourself?

RESOURCES FOR HELP:

PHONE NUMBERS:

- [RAPE ABUSE AND INCEST NATIONAL NETWORK/RAINN](#): 1-800-656-4673 (HOPE)
This is crisis support for Sexual Abuse Survivors and they provide counseling online.
- [NATIONAL SUICIDE PREVENTION HOTLINE](#): 1-800-273-8255 (TALK) – Available 24 hours a day
- [DIDI HIRSCH SUICIDE PREVENTION CENTER](#): 1-877-727-4747
Caring counselors available to talk 24/7

READING LIST RESOURCES:

- [THRIVING IN THE WAKE OF TRAUMA](#) by Dr. Thema Bryant Davis
- [REWired A Bold New Approach to Addiction and Recovery](#) by Erica Spiegelman
- [THE GIFT OF FEAR](#) by Gavin De Becker
- [BOUNCING FORWARD](#) by Michaela Haas, Ph.D.
- [ALL THE THINGS WE NEVER KNEW Chasing the Chaos of Mental Illness](#) by Sheila Hamilton

A FEW SUGGESTIONS FOR SELF-CARE:

Take a short walk today just to get outside for some fresh air. Call a supportive friend just to say hello. Light a candle or use some aromatherapy in a scent that soothes you. Go to sleep earlier than usual if you can fall asleep. Take a warm bath first and darken the room and turn off all phones or screens. Set an alarm to wake you in 8 hours. This is a step toward establishing a routine.

Look for/[Google a local foot massage salon](#). They are affordable and you can limit touching to only your feet if you choose. The pressure points relieve stress.

Listen to some soothing music - [B Tribe](#) or [Buddha Bar radio](#) on Pandora can be calming.

Treat yourself like you would treat a child that you love who is hurting. Be gentle with yourself. Say No when you mean no. “No” is a complete sentence. You are not obligated to care for any other adults right now, just yourself and your healing.

Be patient with yourself, and be well,
Danielle

P.S. If you like, love or have found this book helpful then my next book will knock you off your feet. Head on over to [dontcallmecrying.com](#) and add it to your bookmarks bar for book number 2: ***Don't Call Me Crying From Your Bentley: Tales of a Tinseltown Interventionist***