

Learning:

We achieve ever greater clarity through lifelong curiosity.

So much about our histories was confusing to us. Through learning about the impacts of trauma (such as the way the human brain is affected) we gain the understanding to begin to put things into perspective. Learning happens everywhere, not just in formal education. There are many ways of learning; each of us has the ability to discover what works best for us. Knowledge is power. We CAN begin to empower ourselves!

Openness is a necessary component of learning. As we begin to replace old myths that we've carried since the trauma with new, more accurate and helpful truths we're able to pursue curiosity more fully. Learning is a process. There are many healing modalities we can explore. Over time we come to understand what does not work for us and what does work for us as individuals. Even though there are a lot of common impacts of trauma, each of us has our own unique blend of reactions. We can learn a lot from others, AND only we can know how specific modalities or words can affect each of us in a given moment. There is no one right way to heal. Different ways of learning are all okay. Whatever works—visual, auditory, exploratory, theoretical, experiential—we can find what combination works best for each of us in a given situation. An excellent example of a healing tool that we can begin to use today is the replacement of negative self talk with realistic, positive self talk.

We see curiosity as a lifelong pursuit and a proactive exploration. Curiosity can open up new roads on our healing journeys that provide adventure, insight and meaning. Curiosity fuels our willingness to explore our world.

Learning who we are allows us to live more fully. As we live more expansive lives, the effects of our trauma have less and less influence on us and our growing self awareness allows us to live increasingly joyful lives.

Vital Cycle: The more we learn the greater clarity we have. The greater clarity we have the more we learn.

Activity: Brainstorm a list of healing tools and methods. Pick a few from that list that you might wish to explore further.