



Trauma happens. So does healing.

# Healing Rampage Cheat Sheet

Each moment you step out of your survivor self and further into **The Real You** infuses your recovery with deeper strength, courage and commitment.

Two elements drive the healing process: (1) Choices, (2) Actions. The more you **make choices and take actions** the more you **shift from powerless to powerful**; the more you claim your connection to The Real You and create a healing rampage.

Use this 3-step process frequently throughout every day to **turn Choices and Actions into Habits...**

**Clarify:** You can only create the experience(s) you can imagine.

Ask yourself, "What do I want?" Be enormously specific in your answer; provide as many details as possible:

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**Verify:** You will only succeed in creating what matters to you.

Ask yourself, "Why is this important to me?" Be enormously specific in your answer; provide as many details as possible:

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**Strategize:** You will only achieve what you creatively plan.

Ask yourself, "What has to happen for me to get what I want?" Provide as many chunked-down steps as possible. Then, follow through on what they require.

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