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GETTING STARTED: IDENTITY ROADMAP





IDENTITY ROADMAP

How to Use the Program

Trauma makes the hands of your compass spin out of control. Which way is north? Which way is home? Which way is safe? You are in a foreign land where you don't speak the local language. On your own, exhausted and uncertain your mission now is to **find your way back to a life and self that feel good to you**. Caught up in post-trauma and PTSD symptoms you probably have not had the focus, stamina or vision to figure out how travel from where you stand today to where you want to be tomorrow. You have felt lost and confused..... until now.

As of today everything changes.

This program is called a roadmap because the post-trauma world is incredibly difficult to navigate. The purpose of the program is to make it easier by showing you a direct route to creating The New You. The roadmap helps you learn to deliberately assess your journey, choose your direction and move forward step by step on a path that is about more than managing symptoms or releasing the past; it's about **creating your present in alignment with who you feel you most deeply want to be**.

You are an organism built for change – and change starts NOW.

There are two important keys to healing trauma:

- 1) Making the shift from powerless to powerful
- 2) Reconnecting to a life-affirming sense of who you are

Those simple principles guide the entire Identity Roadmap program.

To begin:

First, listen to the audio training. This hour-long training gives you an introduction to creating your identity roadmap. Through Michele's discussion of her own personal transformation process, plus the concepts she explores you'll ease your way into how to think about what you want, who you are and who you will become.

Second, move through the entire workbook. The workbook is designed to be read and implemented in a specific order. Start from the first page and, at a pace that feels comfortable to you, move through to the end. While the exercises are designed to personalize your identity overhaul process, feel free to share them with others you trust. Often, those outside of you will have insights, ideas and creative suggestions for how you can expand on what you discover and further achieve and live the outcomes of the choices you make and the actions you take.

Third, share your experience. For a long time you were alone in what you felt about who you are, or are not. All that loneliness has ended. There are literally thousands of people who feel the way you do and are on path to resolving their identity conflicts. Connecting with them can amplify and invigorate your own process. Visit [my Facebook page](#) to meet, interact and learn.

A few more words about how to use the program:

1 – **Take your time** when you approach the audio and workbook. You can listen and/or work through the exercises slowly, i.e. in 15-minute intervals. Resist the feeling that it has to be done all at once. It doesn't. There is a lot of information and many suggested actions steps—it's up to you to chunk it all down into bite-size and manageable pieces so that it feels useful and actionable. Take care to go slowly enough so that you can integrate the information, identify how to use it in your life and allow the knowledge to organize in your mind at a pace that comfortably moves you ahead.

2 – **Take notes** on the topics that most resonate with and apply to you. If you're dealing with symptoms (especially sleep deprivation!) it's going to be tough to remember the things that make you feel the most "Aha!" moments, or the most understood, or the most moved. (Heck, with all the information contained in these materials *anyone* would have trouble remembering it all!) Make it easy on yourself by jotting down the things you most want to remember. Get a notebook, give it a title (i.e. "_____ 's Identity Roadmap Handbook"). Put all of your thoughts in one place so you can find and reference them any time.

3 – **Think things through** as you go along. If you hit upon an idea or morsel of info that is new and you feel is meaningful, pause and reflect on it. Work out new concepts, see how they fit into what you already know (or thought you knew!), plus how they change your perspective, open up new choices and lead to new actions.

4 – **Use what you learn** in brave new ways. You will learn things in this program that may directly go against what you have been taught or told. And watch out: There will be people who are wholly opposed to the ideas to which you now have access. (For example, the idea that

you can change; that you deserve to feel good; that you can create the self and life you most deeply want.) Commit now to taking what you learn outside of the computer and into the world where you live *despite* the naysayers. Use your imagination to live the new knowledge; this is how you move ever closer to the new you.

Your recovery and what you achieve in your post-trauma transformation and identity are up to you and you alone. Only you can decide who you will become and how you get there. And I'll be walking along with you, survivor to survivor, every step of the way because:

You have enormous healing potential; the goal is learning to access it. You can do this. Dig deep. I believe in you!



Michele

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