

# TRAUMA STEWARDSHIP

## **North - Insight (Why? What are my goals and direction?)**

Why am I doing what I am doing? Reminder: It's my choice.

Do I need support/consultation from a trusted person?

Where is my trauma mastery/specialism today? Can I tend to it elsewhere?

How is what I do work for me (x5)? Assess how this serves my clients and me.

## **East - Focus (Plan B? What else is there?)**

Challenging situation: What's challenging? What do I appreciate? Where's my focus?

What is my running commentary today? Half-empty or half-full?

Three loving things about me?

If not this work, then what?

Nurture plan B with friends too.

## **South - Compassion and Community (Collective care: who is in my tribe of people?)**

What did my ancestors do to heal?

Who is in my microculture (hopefulness, accountability, integrity)?

Examine the connection between my surroundings and my inner states.

Remember the person who showed me compassion - that feeling.

What is a compassionate response to my inner critic right now?

How can I be an ally in my privilege here? How can I work towards system change?

## **West - Finding Balance (Self-care: how can I move the energy through?)**

Plan time off and activities to rest - do I stick to the schedule to make time for myself?

Breathe in with hands up and breathe out with hands down

Do one exercise today

Talk to a friend, co-therapist

Express gratitude to one close person in my life

## **Centring myself:**

What is my intention for the day?

What is one thing I can let go of?

When is my next rest day this week?

## **HOW TO USE THIS FORM:**

**READ ALL THE QUESTIONS TO CHECK-IN WITH YOURSELF AND TO IDENTIFY WHAT YOU NEED TO SUPPORT YOU IN YOUR WORK AND LIFE TODAY.**

## **Source:**

"Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others" by Laura van Dernoot Lipsky and Connie Burk



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**Centring myself:**

**HOW TO USE THIS FORM:**

**READ ALL THE QUESTIONS ON SHEET ONE AND IDENTIFY YOUR OWN QUESTIONS AND ANSWERS**



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