

## Gaining Independence & Finding Yourself

Helping you reclaim your freedom and find yourself again after trauma



### Defining Values

Get in-tune with yourself and establish core values.



### Finding Strength

Acknowledge your inner beauty and strength and embrace it.



### Patience

Be patient with yourself.

## Tools for Finding Yourself



### Discovering Passions

Re-discover old passions and try new hobbies.



### Transformation

Remember, transformation takes time. Take things day by day.



### Asking for Help

Consider joining counseling or therapy. Mental health is just as important as physical health.