

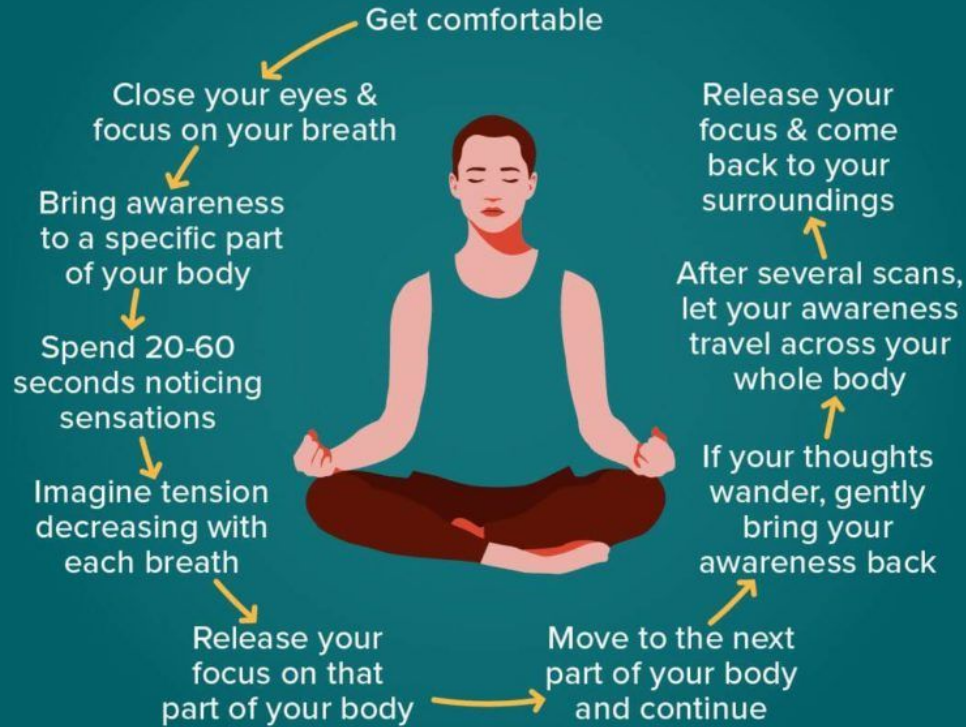
# Thriving Through Trauma

A white flower with a yellow center is positioned on the right side of the slide, resting on a piece of wood. The background is a textured, brownish surface. The overall image has a soft, artistic feel.

**Week 8: Creating Meaning Pt. 2**

Presented by CSUEB Counseling Services

# How to Do a Body Scan Meditation



healthline

## A Few Zoom Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

## Community Agreements

- Speak to your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
- Commit to all weeks of group
- Any suggestions?

# Quote of the Day

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

- Viktor E. Frankl (*Austrian psychiatrist & Holocaust survivor*)





# Weekly Check-In

Name, preferred pronouns, major, fun fact. **REVIEW: Creating Meaning**

**How are you (*weather analogy*)? What safe vibing skill did you use this week?**

- |  |   |
|--|---|
| <input type="checkbox"/> Ask for Help                | <input type="checkbox"/> Create a new story |
| <input type="checkbox"/> Cry                         | <input type="checkbox"/> Structure your day |
| <input type="checkbox"/> Choose self respect         | <input type="checkbox"/> Trust the process  |
| <input type="checkbox"/> Take good care of your body | <input type="checkbox"/> Reframe setbacks   |
| <input type="checkbox"/> Compassion                  | <input type="checkbox"/> Focus on now       |



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# Reframing Twisted Meanings

Examples of reframing *Twisted Meanings* in emotions, thoughts, and actions

# Creating Meaning: **Reframed Twisted Meaning**

We will read through the meanings that harm and practice alternative meanings that heal on the next few slides.

**Instructions:** Note in your mind or on a sheet of paper/your phone which meanings you have used in the past and notice any reactions and feelings to both the harmful and healing meanings

- **Put a star next to those you particularly **struggle with****

# Examples of Twisted Meanings: **Actions**

## Examples That Harm

- **The escape** - “I’m upset, I need to binge on food.”
- **If this, then that** - “If I get the job, then I’ll stop smoking pot.”
- **Feelings are reality** - because something *feels* true, you believe it must be *fact*.
- **Deprivation reasoning** - because I’ve suffered a lot I need substances (or other destructive behaviors)

## Alternatives That Heal

- **Keep growing** - Build your tolerance & problem solving
- **Stay in the present** - Remember: you can start now, every step forward counts.
- **Listen to what you know** - Use your wise mind as a guide, not your feelings.
- **Live well**- A happy, functional life will make up for your suffering far more than hurting yourself will.



# Examples of Twisted Meanings

## Examples That Harm

- **Time Warp:** Sense of time is distorted. You believe a negative feeling will go on forever
- **Confusing needs with wants:** You want something very badly, means you have to have it
- **Instant Satisfaction:** Life should be easy/ always feel good

## Alternatives That Heal

- **Observe real time:** use timer to see how long it really lasts
- **Recovery/ healing is the need:** needs are essential- food, shelter, clothes, safety, recovery, wants are not
- **Work hard:** the most enduring satisfactions come from working hard and having patience: work, relationships, recovery

# Examples of Twisted Meanings

## Examples That Harm

- **Shoulds:** You have rules about how the world should work, eg. “I should not have to deal with PTSD.”
- **Uniqueness Fallacy:** “Unless you’ve lived through what I have, you can’t help me.”
- **No future:** “My life is wasted already.”

## Alternatives That Heal

- **Soften your language:** try to ease the tension. Eg. replace “should” with “want”
- **Reach out:** give people a chance to help you. Find a safe person to talk to and try opening up.
- **You have choices:** no matter what has happened so far, you have choices. You control the present and the future. Choose wisely.



# Reflect & Debrief



The background of the slide is a scenic landscape photograph. It shows a calm lake in the foreground, reflecting the sky and the surrounding greenery. In the middle ground, there is a dense forest of evergreen trees. In the background, a range of rugged mountains with snow-capped peaks is visible under a dramatic, orange-hued sunset sky. The overall mood is peaceful and reflective.

## Reflect & Debrief

### Reflect/ Debrief

Any thoughts? Questions?  
Reflections? Reactions?

### Check Out Question

**1 thing** you are taking away from  
the group or **1 technique** you are  
committing to do for yourself this  
week

# Additional Resources

- **Mental Health apps:** Wysa, Clarity (CBT), Mindshift, MoodTools, Calm, Shine, Happify, Headspace, Days since, IAmSober, Worry Watch, PTSD Coach, DBT Coach
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing @pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**







# Next Week: Review



# Thanks for Joining!

**See you next week!**

With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List. © Guilford Press, New York. From: Najavits, L.M. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002). Only for personal use with clients.