

# Post Traumatic Growth

## **Exercise 1 – The heroine’s journey**

There’s a model called ‘The hero’s journey’ and it’s what film makers use to create a compelling story. That being said, at TISM, we prefer the heroine’s journey (\* Sharon Blackie- If women rose rooted). Use the following prompts to note down what’s been going on for you recently.

1. The Wasteland: The status quo, and realising all is not well with it.
2. The call: We’ve seen what’s wrong; what are we going to do about it?
3. The cauldron of transformation: The crisis that changes us
4. The Pilgrim’s way: Taking steps, with the help of allies and teachers
5. Retrieving the lost feminine: Discovering our creativity
6. Restoring the balance: Finding the balance of masculine/ feminine
7. The heroine’s return: Bringing our gift back to the world
8. Becoming elder: Embodying the wisdom we have gained on our journey.

## THE INDEPENDENT SINGLE MUM

When we begin to narrate our lives as if we are the heroine, we realise how much courage, wisdom and bravery we've shown in order to get to where we are. As an added bonus, having completed this exercise, you now have your film pitch ready too! Go mama!

### **Exercise 2 – Counting the wins**

1. What do you know about yourself now, that you didn't know before?
2. What difference does knowing this make?
3. When you imagine yourself now in a future situation, one that would have previously made you feel somewhat anxious or unsure of yourself, how does knowing what you now know change this for you?