LET ME HEAR YOU ROAR

Finding Your Voice After Trauma: A Beginner’s Guide to Small Choices

ONE-PAGE REFLECTION · OPTIONAL · YOURS TO KEEP

Use one idea from the guide. You can write privately, skip a prompt, or use another communication method. No answers are sent to the website.

01 Notice

Start with an ordinary preference rather than a major disclosure.

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02 Choose

Choose a communication method and audience that fit the situation.

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03 Practice

What is one small action or sentence you would like to try? Choose a setting and a pace that work for you.

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04 Find support

What support, information, or adjustment would make that next step more workable?

My next step: Choose one low-pressure communication practice.

Educational reflection, not diagnosis or treatment. Choose what is useful and safe for you.