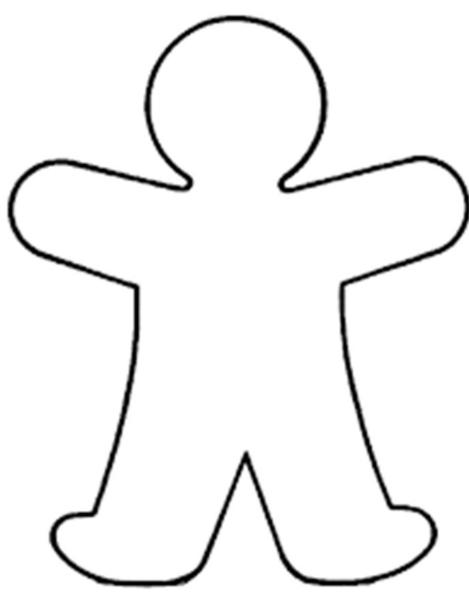


## **Understanding Trauma Our Trauma is NOT our Identity**

Fill this person in with all of the wonderful things that you are!





A child of the King

Loved

**Caring** 

Strong



## **Understanding Trauma Our Trauma is NOT our Identity**

Write down a	memory that	is particularly	difficult for you:

Not heal	ed	Somewhat healed			Heal	led!	

The Lies	The Truth