

Your needs:	What do you already do?	What changes would you like to make from now on?
<i>Taking care of yourself</i>		
<i>Engaging in your own therapeutic growth process</i>		
<i>Arranging specialist supervision for your particular type of trauma work</i>		

<i>Nurturing activities</i>		
<i>Holidays and other escapes</i>		
<i>Creating meaning in your work and life</i>		
<i>Challenging negative beliefs and assumptions</i>		
<i>Social activities</i>		