

MY CRISIS PLAN AND MY PRIORITIES

#1

#2

#3

#4

#5

#6

#7

#8

#9

#10



More information here

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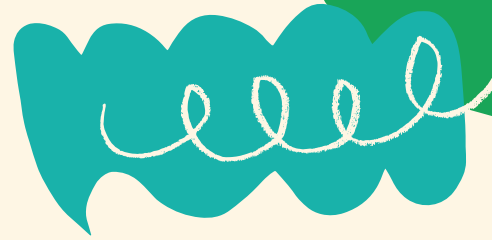


CENTRE GENEVOIS DE CONSULTATION POUR VICTIMES D'INFRACTIONS



RESOURCES & TOOLS

MY MINI LOGBOOK



I ACTIVATE MY PERSONAL RESOURCES

After a traumatic event, the victim often feels that he or she has lost everything, even his or her skills.

Your personal resources are still there. You only lost sight of them!

Your personal resources and skills play an important role in the healing process. Even if you feel that you are stuck in a very awkward situation since the traumatic event, they will help you regain hope and momentum.

Personal resources enable us to “hold on” when things go wrong. They develop and evolve over time. You have certainly activated your personal strengths throughout your life. These positive strengths can be internal (specific to you) or external (related to those around you or to the things or activities that make you feel good).

We are not always aware of **our internal resources and skills**. Sometimes it is also good to discover new ones.

HERE'S A LITTLE EXERCISE TO ACTIVATE YOUR INNER POSITIVE RESOURCES:

I am often described as someone who is

insert a positive adjective

I have often been praised for being

What positive thing would

say about me?

think of someone you love, who is close to you, a friend or family member

NOW MAKE A LIST OF SOME OF YOUR INTERNAL RESOURCES:

my personality, how people describe me

External resources, as the name implies, are all around us. They can be people close to us, these persons we love and who will help us (friends, family, colleagues...), but they can also be professionals (doctor, psychologist, etc.). External resources are also those things you enjoy: your job, your passions, your hobbies, such as reading, walking in nature, or sports, DIY, cooking, gardening, tidying up the house, going to the movies, spending time with your friends, and so on, all the activities that make you feel good. If you are having trouble identifying them, try to remember hard times in the past and what activities made you feel better at the time. You can also imagine what you would say to a friend in pain: what would you advise him or her to do?

YOU MAY LIST HERE SOME OF YOUR EXTERNAL RESOURCES:

people

activities, hobbies, passions

Identifying and mobilizing family caregivers or other people might sometimes be difficult because your pain is too deep. If this is the case, do ask for help from a professional, such as a psychotherapist. With his or her help, you can gradually learn to:

- change your vision of yourself and love yourself again
- listen to yourself and reclaim your body, emotions and sensations
- tame your thoughts
- get to know yourself better and recognize your internal alarms
- stop distrusting people in general, while remaining vigilant

It is never too late to change! Be bold and ask for help, even from several people if need be. You are worth it!

MY NETWORK

psychological,
medical

close friends, family,
professional

