



Founder, Michele Rosenthal

5 Ways to Jumpstart your PTSD Recovery

Let's just get to the problem straight up: The single most challenging component of that invisible illness Post-Traumatic Stress Disorder (PTSD) is a horrible experience of helplessness. During the original trauma you feel it, and then for weeks or months or years afterward your PTSD struggle reinforces in every moment the idea you are powerless to overcome it. But is that really true?

You are tough. You have, after all, survived something challenging. This means you have courage, determination, creativity and resources. The problem is that in the PTSD fog it's easy to forget the innate capabilities you have to heal.

While all traumas are individual the PTSD experience is universal. Whether you survived a theater of war, violent sexual assault, childhood abuse, domestic violence, freak accident or medical drama the aftermath is the same: Functionally debilitating flashbacks, nightmares, intrusive thoughts, depression, insomnia, anxiety, rage, hyperarousal, hypervigilance and emotional numbing.

The good news is that you are not destined to live this way forever. It is fundamentally possible to heal PTSD and go on to live a joyful, productive life. First, however, you need to take back your power. Healing begins and ends with your own ascension back to the powerdome. This means taking control of the healing process, participating in it and being responsible for it.

The following five tips will jumpstart your PTSD recovery process. They focus on helping you to take back your power, both in your communication and connection with yourself as well as with those around you. The following five actions will move you from a position of feeling *powerless* to *powerful* – and that's where healing begins!

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1 - Intention: You can't heal if your focus is scattered.

It's time to be very specific about your healing desire. This means approaching the healing journey methodically and with well planned outcomes. The more you imagine and plan your success the more you will be able to achieve it. What do you want? Be very specific in how you visualize the end result of your healing, plus each step you plan to take. Make a plan and follow through. Healing is like any other goal, it must be worked at with deliberate dedication.

2 - Education: Knowledge is power.

The more you know about what ails you the more intentional you can be in fixing it. Understanding PTSD symptoms, how and why they function, plus what you need for healing helps you devise a better game plan for action. Education, too, applies to those with whom you have relationships. The more you explain PTSD to family, friends and colleagues the more equipped they'll be to support you on your healing journey.

3 - Connection: Support during healing is key.

PTSD recovery is a tough goal; it helps to have the support of yourself and others you can depend on. Building a support network can be a critical element in the healing process. This includes family, friends, colleagues and practitioners who are devoted to helping you evolve. You are strong, yes, and it's always nice to have extra reserves of strength from those around you.

4 - Communication: Talk with people you trust.

Part of healing means being able to tell yourself and others what is wrong, why it is wrong, when it all went wrong, who was involved and how you feel. It's tough to talk about trauma but healing begins and reaches deeper levels when you develop language and vocabulary. Communicating allows you to pinpoint what part of the PTSD process is really driving you; from there you can develop a plan for healing that is direct and effective.

5 - Commitment: PTSD healing doesn't happen overnight.

Despite the difficulties that ensue and the challenges that arise you must give 100% of yourself and never waver. *There will be good days and bad, successes and failures.* No matter what, your oath to heal must remain strong. Doubt has no place in healing. You must commit to the idea of recovery and then follow through despite any obstacles.

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The major crux of healing PTSD lies in your ability to believe in a better self and then work hard to get there, no matter how much symptoms and chronic illness bog you down. By empowering your recovery with these 5 easy steps you begin the process of placing the strategy and resources for healing squarely in your own lap, which is exactly where they should be.

The brain likes to learn. Give it options. It wants new things to think and see and contemplate. Feed it with self-empowered healing thoughts and actions and your healing will progress one day at a time. To help you jumpstart your recovery in each of the 5 areas read on...

Creating a healing intention: Work through these 3 posts to get clear on what you want out of your PTSD recovery:

- [Defining What We Want, Part 1](#)
- [Defining What We Want, Part 2](#)
- [Defining What We Want, Part 3](#)
- [Thinking from the End](#)

Education: Catch up on the posts these 2 categories to learn all you need to know about PTSD:

- [Educating ourselves](#)
- [Educating Others](#)

Connection: Check out our series on [Why We Need To Reach Out](#) to learn the support options available to you, plus how to utilize them.

Communication: Our series on [How to Talk About Trauma](#) includes how to find language both about trauma and about PTSD so that you can express what and how and why you feel the way you do in ways that allow others to support and help you recovery.

Commitment: These posts outline ways to support your decision to work on your recovery – and keep working!

- [6 Ways to Solidify Your Commitment to Heal](#)
- [The Role of Courage in Commitment](#)
- [5 Ways to Banish Doubt](#)

For more information about each of these topics visit our blog: <http://blog.healmytpsd.com>

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About Michele Rosenthal: Michele is a trauma and PTSD survivor, and also the founder of [Heal My PTSD](http://www.healmyptsd.com), LLC, (www.healmyptsd.com) an organization that advocates for PTSD awareness, education, treatment and self-empowered healing. Michele is a Certified Life Coach, Certified Practitioner of Neuro-Linguistic Programming and Certified Hypnotist. She practices as a Self-Empowered Healing at a wellness center in Palm Beach Gardens, FL.

For more information about Michele Rosenthal, working with Michele, additional PTSD healing resources, or ongoing support,

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To support your recovery journey and take advantage of our **free** BRIDGE THE GAP healing workshop visit

Making the Shift: A Healing Blog

<http://healmyptsd.com/2009/06/introduction-to-the-bridge-the-gap-healing-workshop.html>

To receive Michele's PTSD Healing Thought of the Day,

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