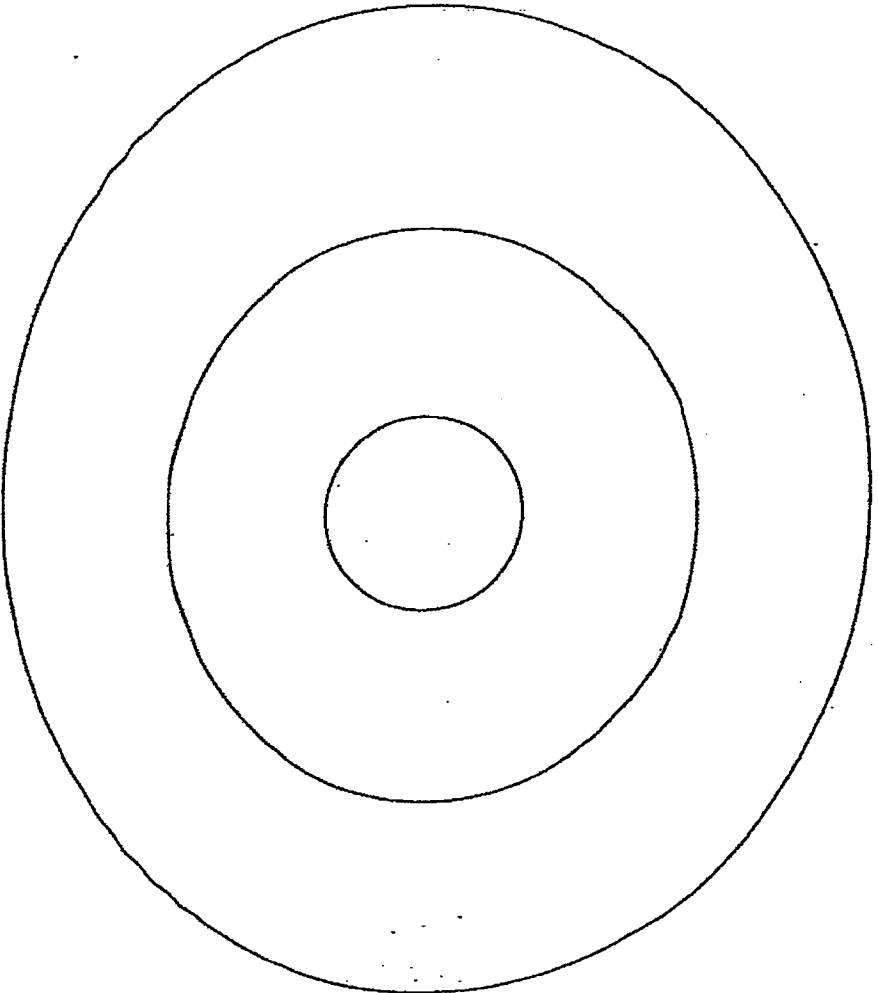


Chapter 5:
The Impact of Trauma in
Our Lives


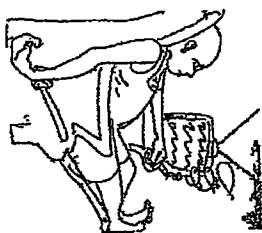
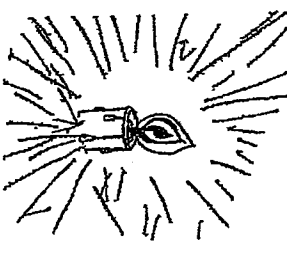
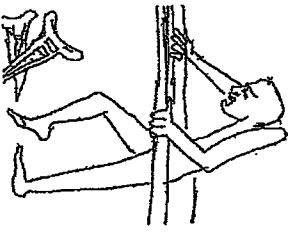
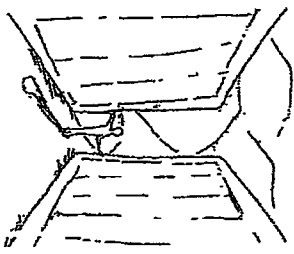
The Impact of Trauma In Our Lives: From Symptoms of the Illness to Coping Strategies for Survival

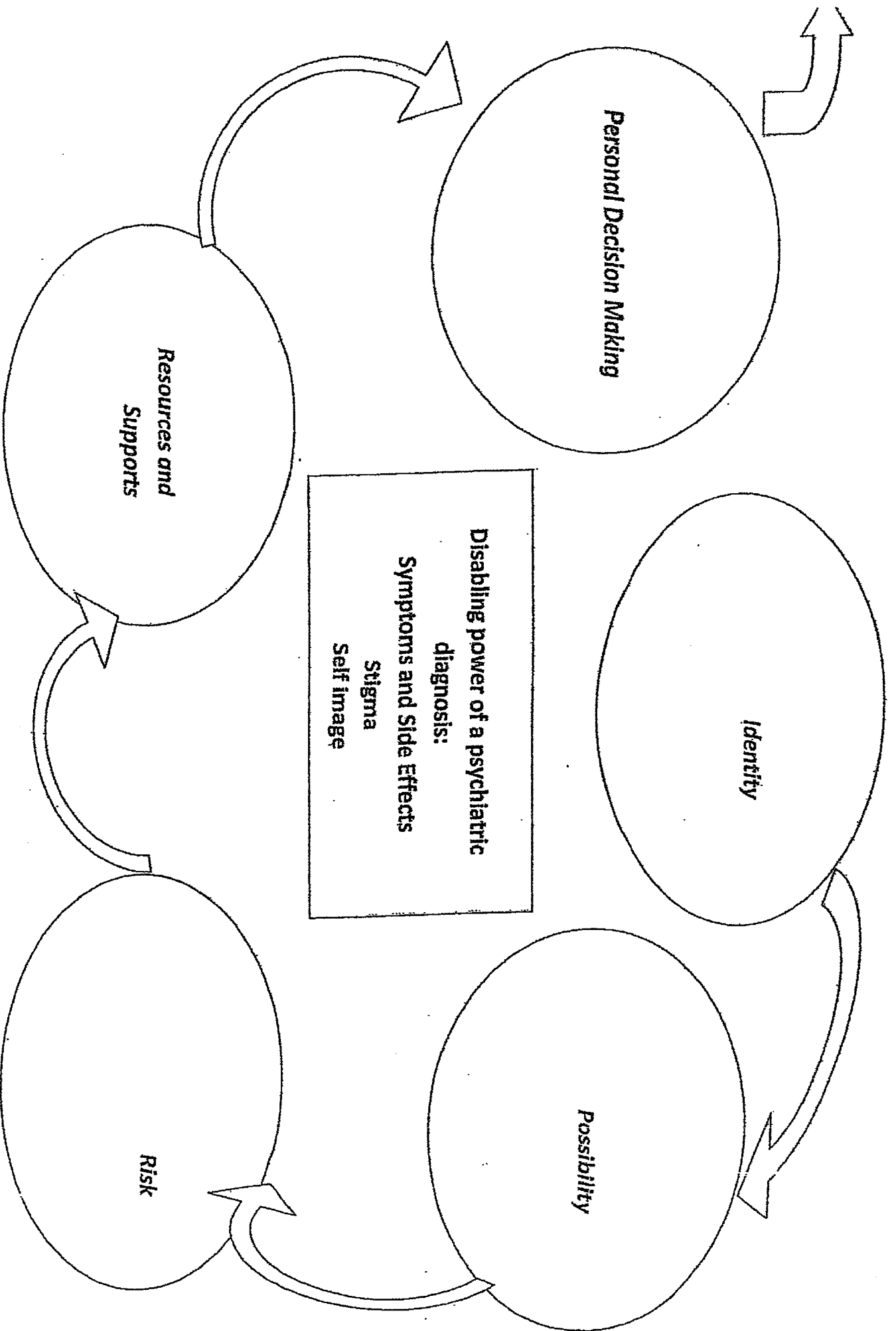


Ruta Mazels is internationally recognized for her work in helping people understand Self-Inflicted Violence (SIV). She is the Founder and Editor of the magazine *The Cutting Edge*. You can download archives and read more about SIV at Ruta's website: www.healmyselfinjury.com or email Ruta at rutamaz@echio.net.

CERTIFIED PEER SPECIALISTS – PARTNERS IN RECOVERY

Five Stages in the Recovery Process ©

Impact of Illness	Life is Limited	Change is Possible	Commitment to Change	Actions for Change
 <p>The person is overwhelmed by the disabling power of the illness.</p> <p>The <u>role of services</u> is to decrease the emotional distress by reducing the symptoms and communicating that there is life after diagnosis.</p> <p>The <u>danger</u> is that the person will re-define herself in mental illness terminology that will automatically limit her future.</p>	 <p>The person has given in to the disabling power of the illness.</p> <p>The <u>role of services</u> is to instill hope and a sense of possibility and to rebuild a positive self-image.</p> <p>The <u>danger</u> is that the person will have identified so strongly with the negative stigma of the illness that he cannot see any possibility.</p>	 <p>The person is questioning the disabling power of the illness.</p> <p>The <u>role of services</u> is to help the person see that she is not so limited by the illness and in order to move on she will need to take some risks.</p> <p>The <u>danger</u> is that the person will be afraid to or discouraged from taking the necessary risks and remain in the 'life is limited' stage.</p>	 <p>The person is challenging the disabling power of the illness.</p> <p>The <u>role of services</u> is to help the person identify his strengths and needs in terms of skills, resources and supports.</p> <p>The <u>danger</u> is that the person will not get the necessary skills, resources and supports he needs to do what he wants to do and will not succeed in moving forward.</p>	 <p>The person is moving beyond the disabling power of the illness.</p> <p>The <u>role of services</u> is to help the person trust in her own decision-making ability and take more and more responsibility for her life.</p> <p>The <u>danger</u> is that the person will begin to doubt her ability to function on her own and revert back to a life lived in the system.</p>



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