

1	INCIDENT happens in present time	HISTORICAL INCIDENT happened (copes in short term and represses)
2	SUPPORT - Seeks support- a) where necessary emergency/triage, b) personal network c) psychological support	ACKNOWLEDGE - acknowledge incident happened (when triggered later in life and ready to cope with/ has resources to process.)
3	PROCESS - holistically process reaction/trauma. Ongoing support needed while external dynamics rearrange with internal shifts of client	SUPPORT - Seeks support- a) personal network b) psychological support
4	JUSTICE - may seek external accountability on the part of the perpetrator and hands back responsibility for their behaviour to them	PROCESS - holistically process reaction/trauma. Ongoing support needed while external dynamics rearrange with internal shifts of client
5	ENVISION - the quality of life you wish to experience now and what being loved looks and feels like to you now. How do those who you love fit into this vision? How are you also loving them in this vision?	JUSTICE - may seek external resolution and accountability from the perpetrator and hands back responsibility for their behaviour to them
6	SELF RESPONSIBILITY “what is within my power to change in life going forward to ensure I can be loved and treated how I want to be, love how I want/am called upon to love and live a life that I love with those I love? (*optional in service to others to if one chooses to) in life?	ENVISION - the quality of life you wish to experience now and what being loved looks and feels like to you now. How do those who you love fit into this vision? How are you also loving them in this vision?
7	SERVICE -One may feel called to be of service to others experiencing a similar thing and choose to begin action on that or to move on	SELF RESPONSIBILITY - “what is within my power to change in life going forward to ensure I can be loved and treated how I want to be, love how I want/am called upon to love and live a life that I love with those I love? (*optional in service to others to if one chooses to) in life?
8	EMBODY - Embody/call forward the qualities within you that you need to step up with to meet and help create whatever one just envisioned	SERVICE - One may feel called to be of service to others experiencing a similar thing and choose to begin action on that or to move on
9	GIFTS - Acknowledge the learnings and the gifts in the experience	EMBODY - Embody/call forward the qualities within you that you need to step up with to meet and help create whatever one just envisioned
10	RECLAMATION - Take ownership of ones own shadow in the victim perpetrator equation. (Where in life am I maybe not respecting people’s wellbeing, boundaries or behaving in a predatory fashion too?).	GIFTS - the learnings and the gifts in the experience
11	SELF-FORGIVENESS - make peace with all the ways one feels they let themselves (and maybe others) down through what happened and re-affirm how one commits to showing up for oneself going forward	RECLAMATION - Take ownership of ones own shadow in the victim perpetrator equation. (Where in life am I maybe not respecting people’s wellbeing, boundaries or behaving in a predatory fashion too?).
12	COMPLETION - Release attachment to the story	SELF-FORGIVENESS - make peace with all the ways one feels they let themselves (and maybe others) down through what happened and re-affirm how one commits to showing up for oneself going forward
13	AFFIRMATION - Re-affirm soulful identity and vision	COMPLETION - Release attachment to the story
14	LIVE - create and actively participate in living the life you love, with those you love, receiving it as it comes to you, giving how you choose to	AFFIRMATION - Re-affirm soulful identity and vision
15	© NATALIE FERRIER SHE LIVES A LIFE SHE LOVES 2018	LIVE - create and actively participate in living the life you love, with those you love, receiving it as it comes to you, giving how you choose and are called to

