



My Strengths!



A: 5 strengths I already had:

- 1.
- 2.
- 3.
- 4.
- 5.

B. Which strengths helped me deal with my trauma experience?

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C. New strengths I have because of the trauma experience:

- 1.
- 2.
- 3.
- 4.
- 5.

D. How I feel about these new strengths:

