

Healing Continuum



- False Thriver**
1. Trust self only
 2. Driven-I win at all cost
 3. Scared of Failure
 4. Nothing is wrong
 5. Scared to know self
 6. Future Fantasy
 7. Tunnel Vision

- Victim**
1. Naïve Trust
 2. Passive—lose/win or lose
 3. Scared
 4. Crap happens to them
 5. Worthless
 6. Moment to Moment oriented
 7. No/Permeable boundaries

- Survivor**
1. Untrusting
 2. Aggressive—win/lose
 3. Angry/Resentful
 4. Crap happens
 5. Self focused
 6. Past oriented
 7. Steel/Concrete Boundaries

- Thriver**
1. Discerning Trust
 2. Assertive— win/win
 3. Confident
 4. Forgive self first, perpetrator later. Know & overcome triggers
 5. Secure self-image
 6. Present/Future oriented, believe in serendipity
 7. Flexible boundaries

Step 1—Where Am I? Personal Assessment (for each of the 7 characteristics below, just one primary response)
*“...And because thou hast seen thy **weakness** thou shalt be made **strong**...” (Ether 12:37). I must let go what I have so I can get what I want. “And whoso knocketh, to him will he open; and the wise, and the learned, and they that are rich, who are puffed up because of their learning, and their wisdom, and their riches—yea, they are they whom he despiseth; and save they shall **cast these things away**, and consider themselves fools before God, and come down in the **depths of humility**, he will not open unto them. (2 Nephi 9:42)*

Characteristics	False Thriver	Victim	Survivor	Thriver
1. Trust				
2. Passive/Assertive/Aggressive				
3. Fear Factor				
4. Circumstances				
5. Self-worth				
6. Time Oriented				
7. Boundaries				

Step 2—Where Do I Want to Be? Clear Vision Who I Want To Become (which Thriver characteristic would have the biggest positive impact on your life today? Check that box below then work on it for 1 month, then reassess.)

Characteristics	Thrivers
1. Trust	<input type="checkbox"/> Discerning Trust
2. Passive/Assertive/Aggressive	<input type="checkbox"/> Assertive—win/win
3. Fear Factor	<input type="checkbox"/> Confident (feel Jesus’s love for me, trust Him, love people, be healthy & fit, respond with love)
4. Circumstances	<input type="checkbox"/> Accepting—Chose how I will respond to all stimulus, Know and overcome “triggers”
5. Self-worth	<input type="checkbox"/> Secure self-image
6. Time Oriented	<input type="checkbox"/> Present—learn from my past, plan for my future, live in the present
7. Boundaries	<input type="checkbox"/> Flexible boundaries

Step 3—Plan On Becoming (write characteristic you are working on. What behaviors/habits will you do daily to a Thriver?)

Characteristics	Thrivers
Confident	

UNPRODUCTIVE and NOT CHRISTLIKE RESPONSES
 Blame others, make excuses, rebel, complain, find fault, doubt, give up, procrastinate, get angry, indulge in self-pity, allow fear to rule, self-Justify

APPROPRIATE RESPONSES
 I take responsibility of how I will respond (instead of react) to stimulus/triggers so my actions bring me peace and power (Emotional Resilience, p. 9)

SELF-CARE ACTIVITIES
 Take a nap, visit a friend, slow down, shower/bath, exercise, read book, music, create something, pray, walk, gratitude list, nice meal, dance, sing. Relaxation techniques (Emotional Resilience, p. 50)