

Welcome to a glimpse inside my book, Put the Phone Down, We Have a Job to Do. (Before Starting)

This project began as a love letter to survival - to the parts of us that keep moving even when the world feels heavy. In these pages, I invite you to pause, reflect, and reconnect with your own resilience. This isn't just a book about writing - it's about healing through creativity, finding yourself in words, and remembering that your voice matters.

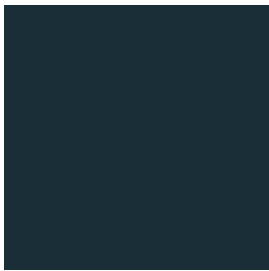
Take this chapter as both an offering and a challenge: to step into your own quiet moments, to pick up the pen, and to see what grows when you give yourself permission.

Directions: Read the questions and answer if you're ready. Then take a look at the Acts of Courage and see which you can implement or plan in the future. There's a note page- use this for your answers or to take notes on experiences during the Acts of Courage.

(After Completing) Thank you for taking the time to step inside my work. This chapter is just one part of a much larger journey - a journey that moves through memory, healing, and the everyday moments that ask us to keep showing up.

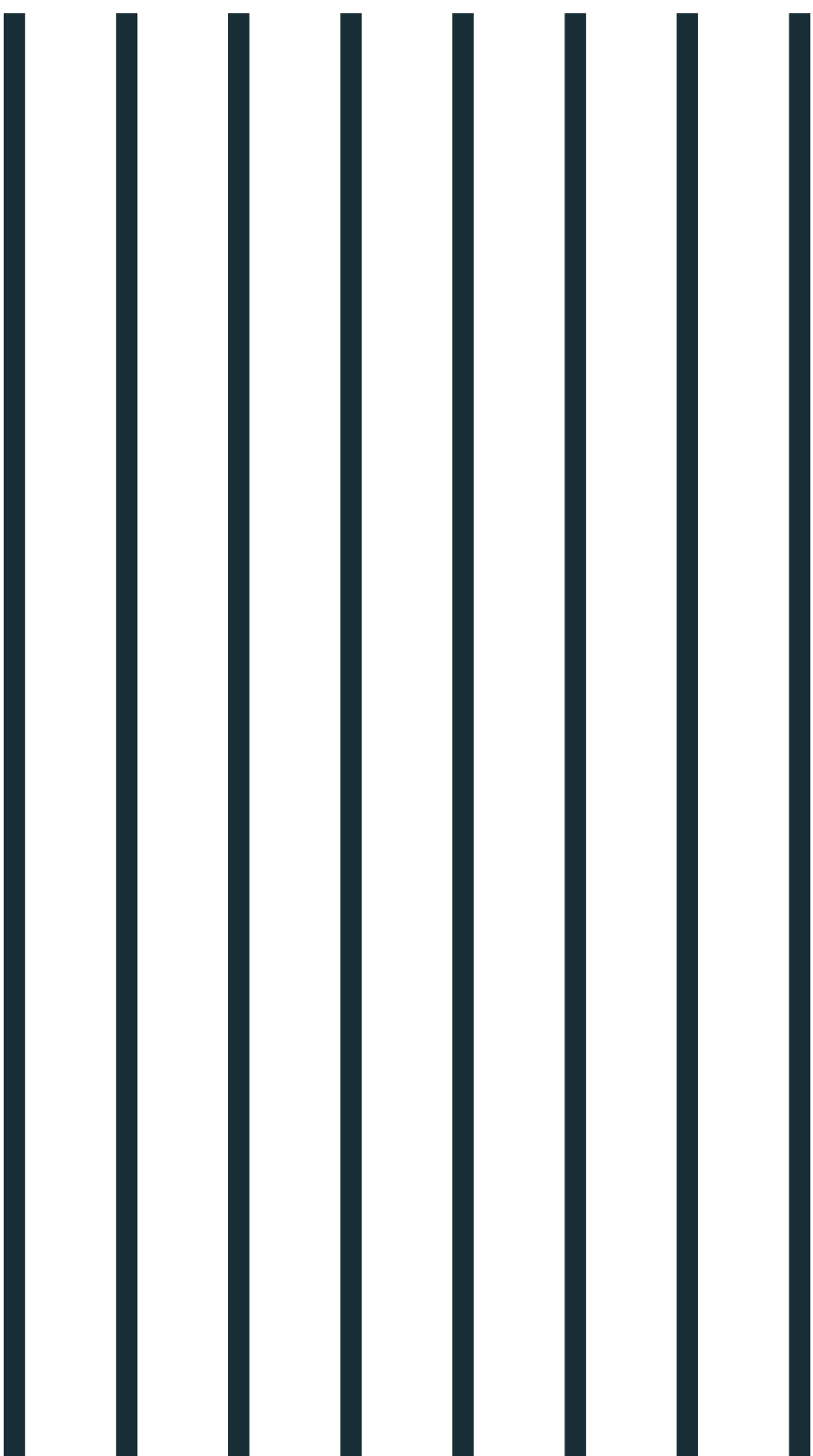
If these pages resonated with you, I hope you'll continue the path with me through the rest of Put the Phone Down, We Have a Job to Do. Every prompt, reflection, and piece of writing is an invitation to grow closer to yourself.

Your voice, your story, and your presence matter. May this be the reminder you needed today.



Chapter Overview

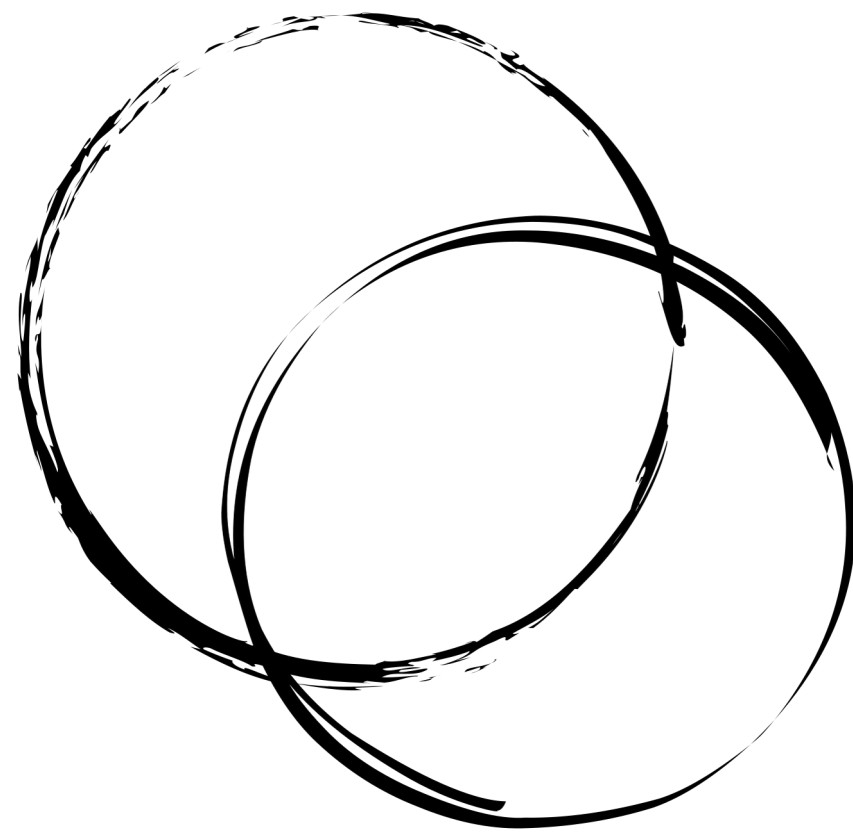
Moments to Ponder: 16
Acts of Courage: 21



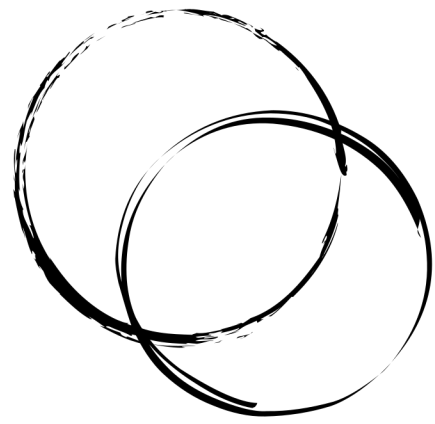
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Foundations of Healing

Unpacking Trauma

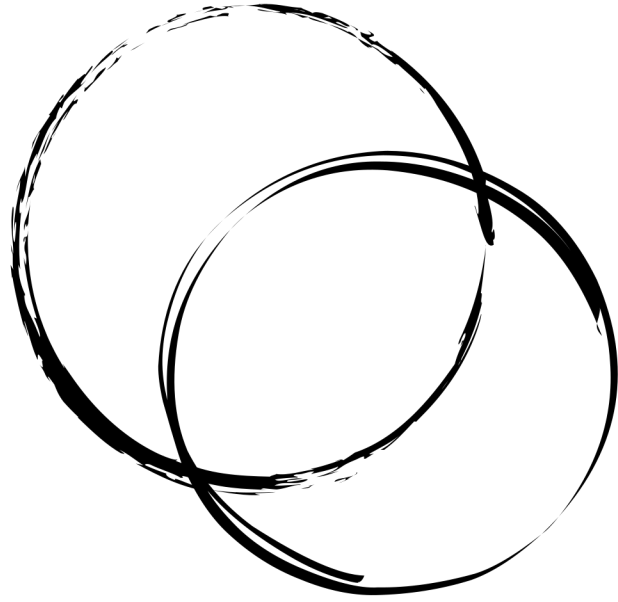


M o m e n t s t o P o n d e r



1. How are you feeling right now? What thoughts, experiences, or memories are influencing these emotions?
2. When you hear the word 'trauma,' what words, images, or metaphors come to mind? How do you personally define trauma, and are there specific phrases, symbols, or literary references that resonate with your experience of it? Can you think of stories, poems, or cultural narratives that align with or challenge your understanding of trauma?
3. What are your goals for engaging with this book? How do you hope it will support your healing journey?
4. Which coping strategies help you manage the external or internal factors that provoke a psychological response effectively? Which ones might be holding you back? Can you share one recent example?
5. When did you first realize the need to heal from your trauma? What led to that realization?
6. What are some of your specific triggers, and how do you currently manage them? What new strategies do you intend to try in the future?
7. Who supports you during difficult times? If you lack a strong support system, what steps can you take to start building one?
8. How do you define self-care? Which practices consistently make you feel restored or grounded?
9. How has trauma affected your self-esteem and self-image? Are there specific moments that stand out to you?
10. Do you feel comfortable expressing your emotions related to trauma- to others or even to yourself? If not, what makes it difficult for you to open up?
11. How do you handle feelings of shame or guilt that stem from trauma? What methods or approaches have been most helpful in navigating these emotions? Which aspects of your trauma evoke these feelings?
12. What are your thoughts on seeking professional help for trauma? If you've tried therapy, what did you gain (or lose) from the sessions? If you haven't, what barriers prevent you from exploring this option?
13. Are there aspects of your trauma that you've avoided discussing? What are they, and what makes it challenging to address these areas?
14. What lessons have you learned through your journey with trauma? How have you applied them to your life moving forward?
15. How do you celebrate the progress you've made in healing? Are there practices or rituals that help you recognize your growth?
16. What are your hopes and aspirations for the future? What steps can you take now to work toward realizing this vision?

Acts of Courage



- Look up the dictionary and thesaurus definitions of trauma and related terms. Create a word web or chart that includes synonyms, related concepts, and your personal definition tailored to your experiences. Jour about your findings.
- Make a two-column chart labeled "Goals" and "Hopes/Intentions." List your goals in the first column and, in the second, write what your hopes and intentions are for each. Then, outline actionable steps to help you achieve them.
- Track your daily activities for two weeks. Identify patterns, including days that feel especially balanced or chaotic. Write about what contributes to these patterns, and experiment with small changes to enhance stability. Then, use the data from this process to plan your days more intentionally, making space for balance and productivity.
- Research the study of frequency patterns in days, particularly in relation to cycles and human behavior, focusing on chronobiology, time-use research, temporal analytics, and numerology.
- Make a list of your triggers and responses. Make a chart of specific situations that activate trauma responses and evaluate how your current coping mechanisms are serving you. Write down new strategies to try.

- Compile a list of activities that uplift your mental and emotional well-being. For each, note how it affects your state of mind and whether it's something you'd like to incorporate more often.
- Compile a list of moments when something you read, see, hear, taste, or feel sparks new thoughts or insights. Then, write a reflective piece on how these experiences connect to your personal story.
- Write letters to your past and future selves. In the first, offer understanding and compassion; in the second, express hope and encouragement for continued growth.
- Create a visual timeline of your trauma journey. Use symbols, drawings, or colors to mark significant events. Add details gradually as you feel ready to explore them.
- Write a short story, poem, or other creative piece that encapsulates your healing journey. Use imagery and metaphor to explore emotions you find difficult to express directly.
- Develop a personal glossary of meaningful words or phrases related to your experiences, such as "transformation" or "growth." Explore their meanings, etymology, and emotional significance.

Acts of Courage

- Experiment with describing yourself in empowering new ways. Replace outdated or self-limiting descriptors with affirming and uplifting alternatives.
- Write a letter addressed to this journal or workbook. Share your hopes for the process and what you aim to gain through your exploration.
- Curate a reading list of trauma-related literature, such as books, articles, or memoirs. Identify key takeaways or strategies from each that might support your healing.
- Review research on trauma and its effects, such as studies on how trauma influences brain function or emotional regulation. Summarize findings that resonate with you and consider how they might inform your coping strategies.
- Explore evidence-based self-care practices, like mindfulness or yoga. Consider how they could be integrated into your daily routine to support healing.
- Practice mindfulness for 10 minutes, focusing on your thoughts and bodily sensations related to trauma. Write about what you noticed during the practice.
- Dedicate one day a week to a tech-free period. Observe how this affects your emotions, stress levels, or sense of presence, and note any insights.
- Engage with a piece of media—such as an essay, book, song, or documentary—that explores resilience or healing. Write about how it aligns with your experiences or offers new perspectives.
- Initiate a supportive conversation with a friend, family member, or group about trauma and recovery. Take note of helpful ideas or encouragement that emerge.

- Reflect on your media habits—what you watch, read, and listen to—and assess how these choices impact your mindset and emotional state. Make changes if needed to prioritize uplifting content.

