Viktor Frankl Mind/Body/Soul



Narrative Trauma Coaching Protocol (NTCP)

 ABOUT YOU

Please write a description of yourself as you see yourself now. Then, draw a picture of yourself.

**About you:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Draw a picture of how you view yourself



HOW TO RELAX

As we begin to treat trauma it’s important to learn how to manage your feelings and relax. Here are a few exercises which can help you relax.

**Relaxation Techniques**

As we begin to discuss your trauma it is important to learn first how to relax.

By now you have learned some of the key methods of grounding your body. To review:

* Try tapping different parts of your body and saying “This is my arm… it helps me….”
* Spend a few minutes going through the following sequence: Wiggle your toes, put your feet in the floor, notice your seat, feel the back of your chair holding you, and watch yourself breathe. Now repeat the same formula again.
* Track sensation in your body, and pendulate towards something more relaxing. Do this for a few minutes until you begin to settle.
* Practice the Voo sound exercise for a few minutes.

FINDING YOUR SAFE PLACE

Do you have any memories of a place which is enjoyable or a place you’d like to go to which you believe will make you feel very relaxed. Right now, begin to imagine being in that place of your choice. Use all your senses of sight, touch, taste, hearing, smell to associate all the different aspects of the place you’re visiting.

For example, if your place is an ocean, imagine yourself walking by the beach with your shoes off and feeling the sand under your toes. Feel the heat of the sun touching your back, take a deep breath and smell the refreshing air of the ocean.Open your mouth and see if you can taste the salt water mist from the ocean. Now, reach down and put your hand on the warm wave that is touching the beach. Enjoy being there.

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**Going back anytime**

If there is any time when you feel overwhelmed, please feel free to go back and do some of these grounding exercises and visualizations when necessary.

Noticing Your Feelings

When a person is thinking about trauma they may have many sensations in their body and accompanying negative emotions. As you begin this process, it’s important to be able to notice the intensity of your sensations and feelings. This will help guide you on one to take a break and re-ground yourself.

As you think about your trauma, how would you rate feelings (on a scale of 1-10)? Set a baseline for yourself. For example, if you reach a number 5 or 6, learn to stop, take a break and settle down before continuing.



I am exploding out of control

I am ready to explode

I am boiling

I am heating up

I’m getting uncomfortable

This is hard but I am in control

I’m OK

I am cool and collective

I’m happy relaxed

I’m feeling great

Enjoying Yourself

Part of the healing process when you feel overwhelmed with feelings of anger, sadness, or fear, it’s important to learn how to take a break from your intensity and to do something enjoyable.

You may have your own creative talents or would like to learn a new form of music, art, exercise or dance.

Choose one or two things to do from the list below:

Listening to Music

Playing an Instrument

Connecting to a friend

Painting/Artwork

Dance

Meditation

Noticing Your Thoughts

One way to deal with a negative thought is by learning how to simply notice it without judgment and externalize it. For example, if a thought comes up such as “I’m such a failure”, simply tell yourself “I’m *thinking* a negative thought that I’m a failure”. By creating some space from your thoughts, it may yield less power in your mind.

Another technique you could use is when you notice a thought, simply write it down on paper or on your phone. Often when a painful or annoying thought that you ruminate about is expressed and communicated in writing, it holds less power over a person’s mind.

**Write down a thought that bothers you:**

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**Practice externalizing the thought by saying “I’m thinking a thought about…..”**

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**Notice how you feel afterwards**

Preparing to Tell Your Story

Discuss or describe in writing how you feel about sharing your story:

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How are you feeling now?



I am exploding out of control

I am ready to explode

I am boiling

I am heating up

I’m getting uncomfortable

This is hard but I am in control

I’m OK

I am cool and collective

I’m happy relaxed

I’m feeling great

Telling Your Story

Now it’s time for you to tell your story. You can take as much time as you need to do so by yourself. Only YOU can decide when you are ready to share your story. (Sometimes just writing it to yourself is very healing).

**The title of my story is**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My story** (use as many pages needed). Remember to stop if your thermometer goes too high. Return to grounding exercises, then continue your story.

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**What are your negative beliefs associated with your story?** I.e. “I’m worthless”, “I’m defective “, “It was my fault “, “I’m not safe”.

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List of Beliefs



**How did this event change the way you feel about yourself and others?**

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Retell Your Story

**What are your positive beliefs you would prefer to have?** “I’m okay the way I am”, “I’m safe now”, “I’m strong”. (See list above)

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**Retell my story (use as many pages needed)**

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How are you feeling now?

I am exploding out of control

I am ready to explode

I am boiling

I am heating up

I’m getting uncomfortable

This is hard but I am in control

I’m OK

I am cool and collective

I’m happy relaxed

I’m feeling great

Reflecting on Your Feelings So Far

Discuss or describe in writing how you feel about writing your story so far:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How are you feeling now?



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What techniques can you use now to reduce your negative feelings? Grounding, visualization, pendulating, the Voo sound? Spend a few minutes doing so.

After Sharing Your Story

After sharing, how are you feeling now?



I am exploding out of control

I am ready to explode

I am boiling

I am heating up

I’m getting uncomfortable

This is hard but I am in control

I’m OK

I am cool and collective

I’m happy relaxed

I’m feeling great

What techniques can you use now to reduce your negative feelings? Grounding, visualization, pendulating, the Voo sound? Spend a few minutes doing so.