



Six Strategies for Recovery After Crisis

And One You Should Never Consider

Will I Ever Get Over This?

The Short Answer-YES!

When you have suffered an embarrassing, humiliating or traumatic experience, your confidence has been shaken. You may be asking yourself, why did this happen to me? Did I do something to deserve this? How will I recover my confidence? Will people judge me? Will I get fired? Will my friends and family still love me? The answer is YES.

What follows are six strategies to help you get started down to the path to recovery.

1. Talk About It

You need to be heard. There is something therapeutic about telling your story to others, even though on some level you feel like you should not, which becomes another form of self-judgement. Get support from family, friends or people who can be objective.

But remember there needs to be balance. Re-living the experience may cause you to relive the feelings, without taking action. This can sometimes make the problem worse.

2. Write About It

Writing is therapeutic too. There are many forms of writing that will help you get clear, express your thoughts and relieve stress. Your writing activity may take the form of a "revenge" letter, an apology letter (to self or another person), a fact analysis: what are the facts of this situation vs. what am I making this mean? or a free flow of thoughts. You will probably never send the letter, but taking the time to get your feelings out and on to paper may help you to move to the next step.

3. Learn About It

There are many great resources that can help you get better. From podcasts, meditations, books, activities to TedX Talks and spiritual messages. Google shame, public humiliation, bullying and trauma. There are others who have been in your shoes. Learn what they've done to move through it with grace and confidence.

4. Reframe It

Is there a possibility that something good may come from this? Is there an upside? It may be difficult to image what that might be right now, so when you're ready, ask yourself: *Have I gained a new perspective about myself or the situation? Have I outgrown the situation, job or relationship that caused this and need to move on? Is there something that I have learned about myself through this experience?*

Reframing the experience can put it into proper perspective.

5. Get Moving

Taking an action step to get back on track can feel like the last thing you can do. That's ok, take baby steps.

Literally. Go for a short walk. Treat yourself to a night out. Journal. Go shopping. Read. Self-care right now is the most important thing. Make an investment in healing.

Being active not only helps clear your mind but has the added benefit of burning physical energy, which will lead to better sleep and less time to ruminate on the situation.

6. Take Inventory

If you're reading this, you're a person who cares about themselves and are no doubt successful, which means you're probably tougher on yourself than others. To build your confidence back up, it helps to take stock of all your achievements: *What goals have you set and reached? College graduate? Loving parent to your children? Caring spouse? An expert in your field?*

6. Take Inventory

By the time you end this activity, you will be impressed with all your accomplishments. This can be a powerful step in building back your self-confidence, as you reflect on the positive things in your life. Has there been another time when things have looked bleak but you have moved through it? Think about those times when you have persevered. As the saying goes, this too shall pass.

7. Seek Revenge

What? No, just kidding. You can probably think of lots of ways to act out, especially if someone has betrayed you, you've been bullied or falsely accused. You may be thinking of suing? Take a deep breath. Revenge options are only going to make things worse, however fantasizing about them might give you some peace of mind. Combined with the action steps above, this might be a step to healing.

Free Reputation Recovery Session

Navigating the emotional ups and downs of humiliation or a traumatic incident alone can be overwhelming. You're too close to the situation and may not be able to recognize solutions. It's much easier when you have an empathetic and strong expert by your side to show you the way forward. Schedule your Free Reputation Recovery Session and get YOU back on track.

In your complimentary **Reputation Recovery Session** we will discuss why you might be seeking coaching at this time, how this is affecting your life at present and what you'd like to see happen. I will listen and ask powerful questions that will allow to us to frame your situation in a way that will help you get back to feeling normal, or better than normal. Sometimes life's most challenging moments are what propel us to the next level.

Your **Reputation Recovery Session** is completely without obligation and you will leave with steps to get you motivated. We will discuss if coaching is something you'd like more of and if we are a good fit. Again, there is no obligation. The session will give you a taste of what coaching is like.

- *I will listen to your story with empathy and compassion...but we won't dwell there.*
- *We will decipher critical beliefs, thoughts, facts and fallacies.*
- *We will re frame your situation and you will have a renewed sense of optimism.*
- *Together we will create an action plan for Post Traumatic Growth!*

Don't waste another day, start feeling better NOW!

BOOK YOUR SESSION