



## COUPLES OVERCOMING PTSD EVERYDAY

### **RESISTANCE TO HEALING**

1. I DON'T DESERVE TO HEAL; I DON'T DESERVE TO BE HAPPY OR HEALTHY.
2. IT'S NOT POSSIBLE; IT'S NOT POSSIBLE FOR ME, NOTHING WORKS FOR ME.
3. IT'S NOT SAFE TO LET THIS ISSUE GO (HOLDING ONTO FEAR KEEPS ME HYPER-VIGILANT AND SAFE).
4. I'M AFRAID OF CHANGE, I DON'T KNOW WHAT WILL HAPPEN IF I LET GO OF THIS, EVERYTHING IN MY LIFE COULD/WOULD CHANGE.
5. I'M AFRAID OF LOSING MY IDENTITY, THIS IS WHO I AM, IT'S A PART OF ME, WHO WILL I BE WITHOUT THIS?
6. THIS TECHNIQUE IS TOO SIMPLE, IT'S TOO STRANGE, I DON'T UNDERSTAND IT, ETC.

SECONDARY GAINS- THERE ARE ADVANTAGES TO HOLDING ON TO THIS AND/OR DISADVANTAGES TO LETTING GO. WHAT ARE THEY? IF I BECOME WELL, WILL THESE HAVE ANY FURTHER MEANING TO ME OR ARE THEY BASED ON FEAR? WILL BEING WELL OUTWEIGH THESE PERCEIVED ADVANTAGES OR DISADVANTAGES OF HOLDING TO THESE ISSUES?

(Used with the permission of the National Healing and Wellness Center, Angel Fire NM)