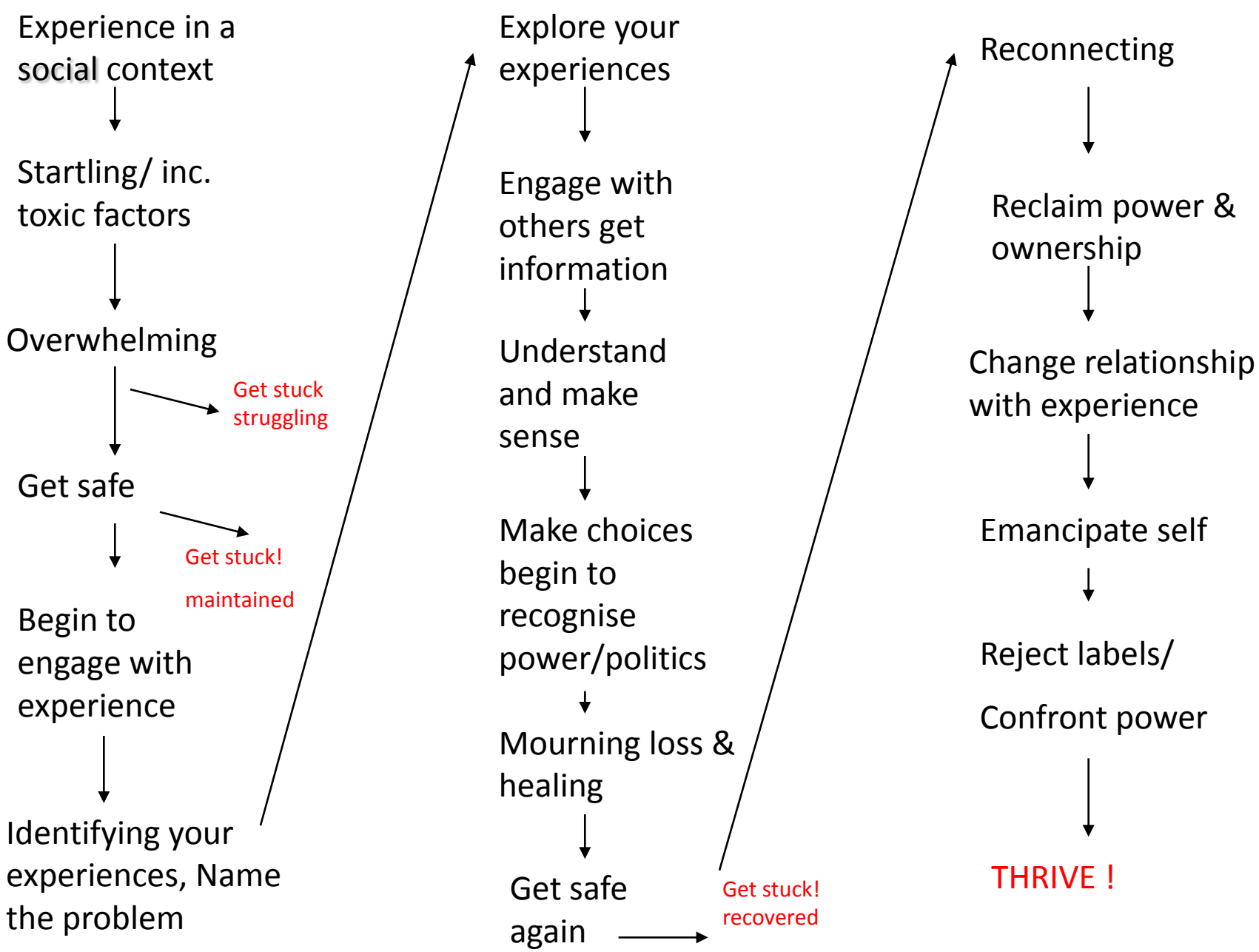
Experience in a social context
Startling/ inc. toxic factors
Overwhelming
Get stuck struggling
Get safe
Get stuck!
maintained
Begin to engage with experience
Identifying your experiences, Name the problem
Explore your experiences
Engage with others get information
Understand and make sense
Make choices begin to recognise power/politics
Mourning loss & healing
Get safe again
Get stuck! recovered
Reconnecting
Reclaim power & ownership
Change relationship with experience
Emancipate self
Reject labels/
Confront power
THRIVE !