



OVERCOMING TRAUMA

By Phil Golding

1. The Mind and Healing.

Any trauma can be overcome. It all depends how we mentally approach/view/relate to the experience. Adjusting the way we mentally approach and work through a traumatic experience can take time and therefore patience. We all have a complex array of belief systems that make up the way we view the world. We tend to take these belief systems for granted and assume the way we see the world and think about the world is the only reasonable way to do so. When we find it hard to come to terms with a traumatic experience, life is telling us that our belief systems need to be adjusted. As tough as it seems, life is offering us an opportunity to grow in wisdom and maturity. Facing adversity is one of the realities of living in the world. You are not being singled out. No one is immune to hardship. Will this hardship pull us down and restrict our life, or will it expand us, strengthen us in some way? We must have faith in our potential. The answers are available. There is always a way through. Being willing to stay open to the process and persist is the key.



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