

THE HEALING SEQUENCE

My Trauma: _____

My Losses: _____

My Suffering: (what are the emotions that I feel?) _____

My Lamenting: (How can I express how I feel to others?) _____

Listening: (What do I need? How can I tell this⁴ to others who care?) _____

Healing!!! (List supportive people)

_____	_____
_____	_____
_____	_____
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_____	_____

⁴ Adapted from *Communication Skills That Heal, a practical approach to a new professionalism in medicine*, by Barry Bub MD