

## Deliberate Rumination

How has your work as a helping professional changed your view of the world and the people in this world?

What does it mean for you that your worldview has changed? How has it impacted the way you think, your relationship to yourself and your relationship to others?

Given what you now know about vicarious post traumatic growth, how do you think you have grown because of your work as a helping professional?

Why is it important to you to find a way to integrate the work you do, the pain and growth you see, into your life, in a way that you can stay healthy?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---