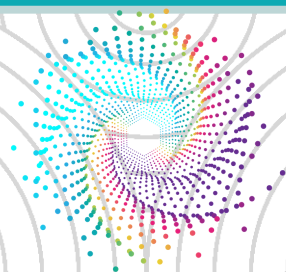


# *Visioning Beyond Trauma*

NATIVE COACHING COHORT  
NOVEMBER 22, 2021

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**BEGIN WITHIN**  
*Shannen Coleman Siciliano*

*I have, I am, I can*

I have....

I am....

I can....

## *WWW: What Went Well*

Identify something that went well in the last day, week or month

## *Exception to the Problem*

Identify the problem:

Explain a time when you didn't have that problem? What made that time different?

# *Hold onto Happiness and Success*

Recall positive events that have recently occurred for you:

## *Recognize and Celebrate Strengths*

Recall positive events that have recently occurred for you:

# *Finding Flow*

Draw a picture of you doing an activity that you love to do.

## *Finding Optimism in the Future: Miracle Question!*

Think of your current problem. Imagine if it disappeared suddenly overnight? How would you know the problem disappeared? What would you be doing differently right now? Who else would notice?



# *Finding Optimism in the Future: Wishes for the Future*

Wishes for myself

Wishes for others

Wishes for the world

*Notes!*