

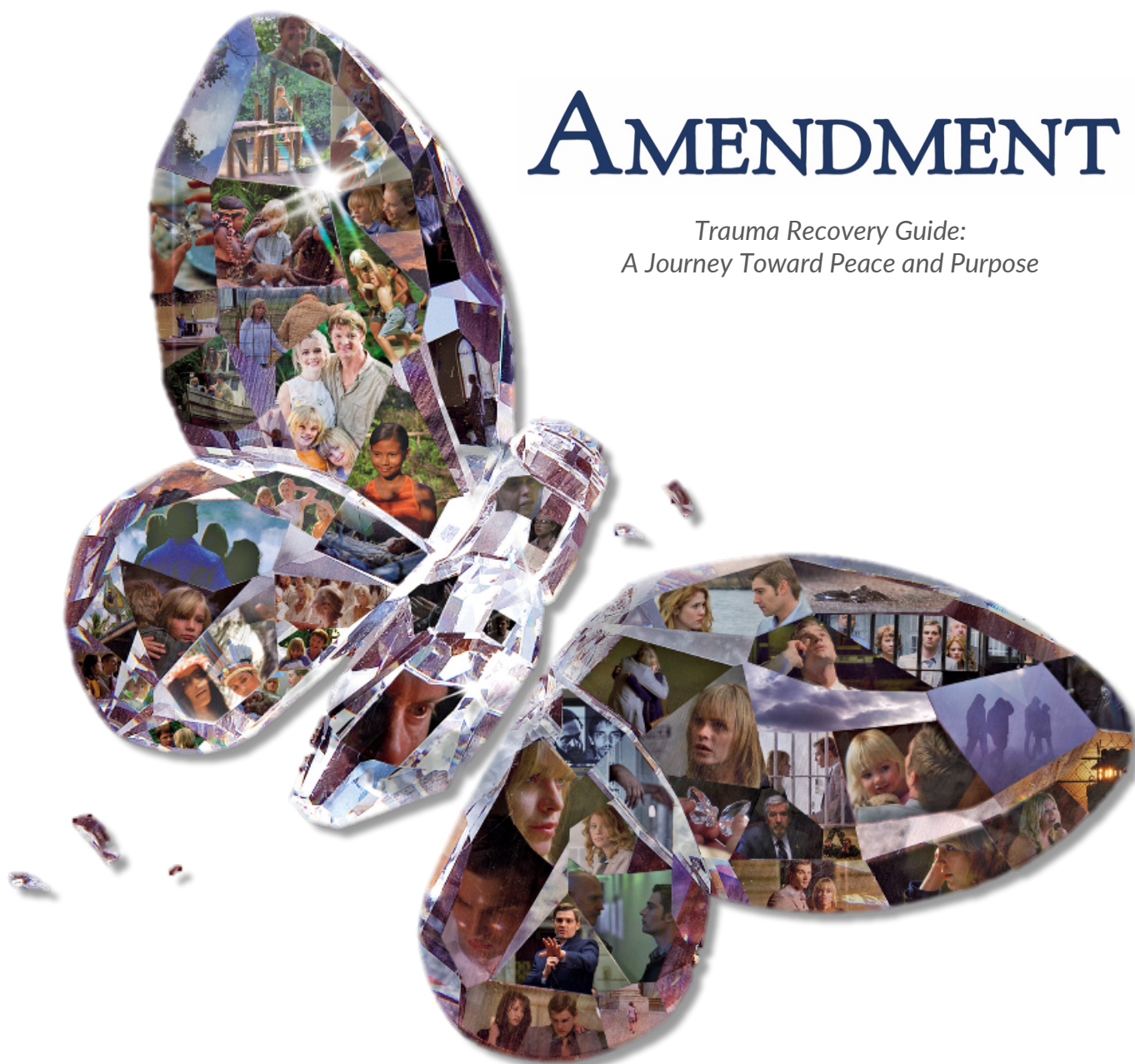
APPENDICES

Additional Healthy Living Charts

(Use the appendices to make additional copies that you can continue to use in the future.)

AMENDMENT

*Trauma Recovery Guide:
A Journey Toward Peace and Purpose*



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HANDOUT 3.1: REDISCOVERING WHAT WAS LOST

This week's homework will focus on recognizing the gains—large or small—you've made daily since the traumatic event(s). For the next seven days, please mark how many times you experienced each of the following on that day. There is space at the bottom to add additional categories that are important to you and reflect your goals for this class. The extra categories may be related to relationships, work, physical habits or health, or other aspects that are important to your recovery process.

Begin the journal on whatever day tomorrow is (example: Weds.) and fill in answers for each day of the week.

	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	TOTAL
<i>Sample</i>	II	I		III	I		II	9
Smiled earnestly								
Laughed out loud								
Talked to a friend (for more than 5 minutes)								
Talked to a family member (for more than 5 minutes)								
Slept well								
Did something you were proud of								
ADDITIONAL GOALS: (add any goals below that are meaningful to you)								
Work/home:								
Relationships:								
Health/Well-being:								
Other:								

HANDOUT 4.2: LIVING FULLY

Waking from numbness and reentering a fulfilling life requires deliberate effort. What are you doing this week that gives you an opportunity to use your five senses—sight, sound, taste, feel, and smell—and appreciate the potential sweetness of everyday life? Keep track of activities known to increase awareness and add activities at the bottom that you think are healthy and helpful.

Begin this journal on whatever day tomorrow is (example: Weds.) and fill in answers for each day of the week.

	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	TOTAL
<i>Sample</i>								9
Took a walk								
Exercised 30+ min.								
Ate a delicious healthy meal								
Listened to relaxing or inspiring music								
Cleaned house								
Talked with a friend or family (for more than 5 minutes)								
Hugged someone								
Took deep slow breaths (for more than 5 minutes)								
Sang or hummed a song								
Played a game (cards, board game)								
Did a mental exercise (Puzzle, word search, crossword, Sudoku)								
Enjoyed a craft (painting, knitting, scrapbooking)								
ADDITIONAL ACTIVITIES:								
Add any activities below that are healthy, increase awareness, and use your senses (sight, sound, taste, feel & smell)								

HANDOUT 6.2: CHOOSING HEALTHY LIVING

This week's homework will focus on healthy habits of diet, exercise, and sleep. Monitor how many times you engage in each activity per day. See Handout 6.3 for additional info.

Begin the journal on whatever day tomorrow is (example: Weds.) and fill in answers for each day of the week.

	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	TOTAL
<i>Sample</i>	II	I		III	I		II	9
HEALTHY DIET								
Ate meals with only whole foods (without chemical additives) ⁽¹⁾								
Ate moderate sized meals (not too big or too small) ⁽²⁾								
Ate a fruit or vegetables ⁽³⁾								
Had vitamin/nutritional supplement ⁽⁴⁾								
EXERCISE								
Made time for 5+ deep, deliberate breaths ⁽⁵⁾								
Exercised for at least 30 minutes ⁽⁶⁾								
Did relaxation activities ⁽⁷⁾								
SLEEPING								
Scheduled at least 8 hours for sleep ⁽⁸⁾								
Read or journal wrote before bed ⁽⁹⁾								
Had at least 15 min. of "quiet time" ⁽¹⁰⁾								
Slept well (deep, uninterrupted) ⁽¹¹⁾								
ANXIETY INDUCERS/SLEEP DISRUPTORS								
Had alcohol, drugs, caffeine, big meal or dessert, nightmare ⁽¹²⁾								
Other Sleep Interrupters _____								

HANDOUT 8.1: ASSESSING COPING STRATEGIES

Use this log to monitor daily activities related to stress management. Begin the journal on whatever day tomorrow is (e.g., Mon.) and fill in answers for each day of the week.

	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.	TOTAL
<i>Sample</i>								9
HEALTHY COPING STRATEGIES								
Ate a healthy meal								
Exercised or did relaxation activities								
Talked to a friend or family member								
Had "quiet time," prayer/meditation								
Read or journal wrote								
Took 5+ deep, deliberate breaths								
UNHEALTHY COPING STRATEGIES								
Drank more than two alcoholic drinks								
Smoked a cigarette								
Used drugs								
Watched more than 2 hours of TV								
Slept more than 9 hours								
Ate too much								
COULD BE HEALTHY OR UNHEALTHY (<i>consider long-term effects and possible alternatives</i>)								
Took prescription drugs								
OTHER (<i>enter any activities you think may be helping or hurting your trauma recovery</i>)								

Thank you for trying the *Amendment Trauma Recovery Guide*. We would be grateful if you could take a few minutes to give us feedback on your experience with *The Amendment* movie and discussion guide sessions. Please feel free to be honest and candid.

QUESTIONS ABOUT *THE AMENDMENT MOVIE* (not the discussion guide):

- 1) On a scale of 1-10, what would you rate *The Amendment* movie?

1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Poor Not Good So-so Good Excellent

Comments:

- 2) Would you recommend *The Amendment* movie to others? ☐ Yes ☐ No

Why or why not?

- 3) Do you think *The Amendment* movie is good for a discussion group? ☐ Yes ☐ No
If you used it with a discussion group, what kind of group was it?

QUESTIONS ABOUT THE AMENDMENT TRAUMA RECOVERY GUIDE:

- 4) On a scale of 1-10, how would you rate the discussion guide lessons? (Please rate any lessons you used. If you did not use the lesson, please write "NA.")

Session 2: Finding Commonalities

1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Poor Not Good So-so Good Excellent

Comments:

Session 3: Grieving Loss

1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Poor Not Good So-so Good Excellent

Comments:

Session 4: Awaking to a New Reality (about overcoming numbness and living fully)

1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Poor Not Good So-so Good Excellent

Comments:

Session 5: Fighting Back Memories (about flashbacks and nightmares)

1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Poor Not Good So-so Good Excellent

Comments:

Session 6: Sleeping Well

1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Poor Not Good So-so Good Excellent

Comments:

Session 7: Rebuilding Relationships

1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Poor Not Good So-so Good Excellent

Comments:

Session 8: Assessing Coping Strategies

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Poor Not Good So-so Good Excellent

Comments:

Session 9: Overcoming Blame

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Poor Not Good So-so Good Excellent

Comments:

Session 10: Going Face-to-Face

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Poor Not Good So-so Good Excellent

Comments:

Session 11: Seeking Justice

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Poor Not Good So-so Good Excellent

Comments:

Session 12: Moving Forward with Purpose

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Poor Not Good So-so Good Excellent

Comments:

- 5) What did you like about the *The Amendment Trauma Recovery Guide* lessons and/or group leader?
- 6) What recommendations do you have for improving the class?
- 7) Have you found the lessons relevant and applicable to your own life? Why or why not?
- 8) Would you recommend this discussion guide to others? ☐ Yes ☐ No
Why or why not?
- 9) Overall, what grade would you give your the *Amendment Trauma Recovery Guide* experience?
- F____D-____D____D+____C-____C____C+____B-____B____B+____A-____A____A+
Poor Not Good So-so Good Excellent

Comments:

Thank you!!!
We sincerely appreciate your feedback!
~ Julea & Brooks Douglass

[Group Leader: Please keep a copy for your own records and mail a copy to The Douglass House: P.O. Box 118168, Carrollton, TX 75011. *Thank you!*]



FOLLOW-UP REFLECTION

Questions for Weeks/Months After the Final Meeting

- 1) Looking back on our *Amendment Trauma Recovery* Group, what did you learn from your experience?
- 2) Why did you sign up for the class? What three goals/hopes did you have for yourself before you started the class? (Goals can be personal, professional, emotional, spiritual, etc.)
- a. Goal 1:
- b. Goal 2:
- c. Goal 3:
- 3) How close do you think you have come toward reaching those goals?
- a. Goal 1:
- 1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Not close at all Getting There Goal Achieved
- b. Goal 2:
- 1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Not close at all Getting There Goal Achieved
- c. Goal 3:
- 1_____2_____3_____4_____5_____6_____7_____8_____9_____10
Not close at all Getting There Goal Achieved

- 4) What areas do you want to continue to grow in and improve?
- 5) What if anything, do you feel is holding you back from reaching your goals/hopes?
- 6) Have you noticed a difference in your relationships since the discussion group? If so, how have they changed? (If you already discussed this in a previous question, skip this question.)
- 7) What else do you want to share with the group since the last time we met?

ABOUT THE AUTHORS



Julea Douglass is the wife of Brooks Douglass, mother to their two sweet kids, and co-author of *School-Connect: Optimizing the High School Experience*. *School-Connect* is an 80-lesson curriculum designed to help teens boost their social, emotional, and academic skills and prepare for life in and after high school. *School-Connect* is used in high schools nationwide.

Julea is also lead author of the *Amendment Faith-based Guide: A Journey Toward Peace and Purpose*, a Bible study to accompany *The Amendment* movie.



Brooks Douglass has had diverse careers in business, politics, the military, and film-making. At 27, he was elected the youngest State Senator to serve in Oklahoma. After retiring from the senate, Brooks began to focus on a long-held passion for writing, acting, and creating. He co-authored, acted in, and produced *The Amendment*, a powerful film honoring his parents, Richard and Marilyn Douglass, who were tragically killed in 1979.

