



How Listening to Our Heroes Journey Stories Helps Healing



Traumatic experiences—both obvious and less obvious can leave us feeling powerless.

Listening to other's stories about surviving trauma helps us acknowledge our own trauma, process our experiences, and reclaim our power. When survivors of trauma shape their stories, they work to create a cohesive and redemptive narrative. By shifting the question from "what's wrong with you?" to "how were you able to survive?" storytellers find heroism in the small and large acts that have saved them. Not everyone is in a position to disclose their truths, however, and that is okay too. Sometimes the memories are still too painful, or sometimes compelling reasons to keep the stories private exist. Listening to other survivors' stories of resilience and recovery – even of tremendous growth through trauma – gives the listener an opportunity to relate to their own stories internally, which can also help heal.



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