



Strategy 3: Power Through Surrender

The third strategy in the 5 Strategies to Reclaim Hope. For more about these strategies, find the *Reclaim Hope* book and workbook on our website at www.youuniquefoundation.org/resources.

Power Through Surrender is knowing what to fight and when or, more importantly, knowing what NOT to fight.

- **Power Through Surrender** is learning how your trauma voice talks to you and learning to let it be.
- **Power Through Surrender** allows you to strengthen your prefrontal cortex and allows you to manage your triggers more effectively.
- When you have a triggering thought, recognize that it isn't you talking; it's your limbic system. Utilize **Power Through Surrender** and let it be.
- Manage your triggers by 1) grounding yourself in the present, 2) recognizing your trauma voice, and 3) letting it be.

“Just let it be. You may as well; it is. Everything moves in and out at its own time.”

— Byron Katie —

Suggested Reading

Letting Go: The Pathway of Surrender
by David R. Hawkins