

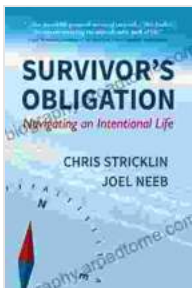
# Survivor Obligation: Navigating an Intentional Life

## Embrace Your Resilience, Rediscover Your Purpose, and Live a Fulfilling Future

In the aftermath of trauma, it's common to feel a sense of obligation to the loved ones we've lost and the experiences we've endured. Survivor Obligation is a profound and often unspoken weight that can hold us back from living our fullest, most intentional lives.

## Break Free from the Shackles of Guilt and Expectations

Survivor Obligation often manifests as feelings of guilt, shame, and unworthiness. We may believe that we don't deserve to be happy or successful because we survived while others didn't. We may feel obligated to live our lives in a way that honors the memory of those we've lost.



## Survivor's Obligation: Navigating an Intentional Life

by Chris Stricklin

★★★★☆ 4.9 out of 5

Language : English  
File size : 1091 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 129 pages  
Screen Reader : Supported

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But Survivor Obligation is not a burden we have to carry alone. It's a complex emotion that can be overcome with the right support and strategies.

## **Redefine Your Identity and Uncover Your True Values**

Survivor Obligation can also lead us to define ourselves solely by our experiences. We may believe that our identity is inextricably linked to the trauma we've survived.

However, it's important to remember that we are not defined by our past. We have the power to redefine our identity and live our lives in a way that aligns with our true values.

## **Create a Life That Aligns with Your Deepest Values**

Living an intentional life means living in accordance with our values. It means making choices that are in line with who we are and what we believe in.

When we live an intentional life, we are able to move past Survivor Obligation and create a fulfilling future for ourselves. We are able to honor the memory of those we've lost by living our lives to the fullest.

## **Embrace Your Resilience and Find Your Purpose**

Trauma can shatter our sense of safety and security. It can make it difficult to see our own strength and resilience.

But resilience is the ability to bounce back from adversity. It's the ability to find meaning and purpose in our lives, even after experiencing trauma.

When we embrace our resilience, we can rediscover our purpose. We can find meaning in our pain and use our experiences to help others.

## **Live a Fulfilling Future**

Living a fulfilling future is possible after trauma. It takes time, support, and hard work, but it is possible.

By breaking free from Survivor Obligation, redefining our identity, creating a life that aligns with our values, and embracing our resilience, we can live a life that is meaningful, purposeful, and fulfilling.

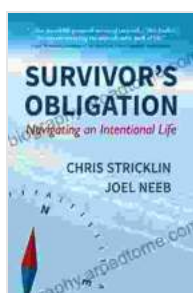
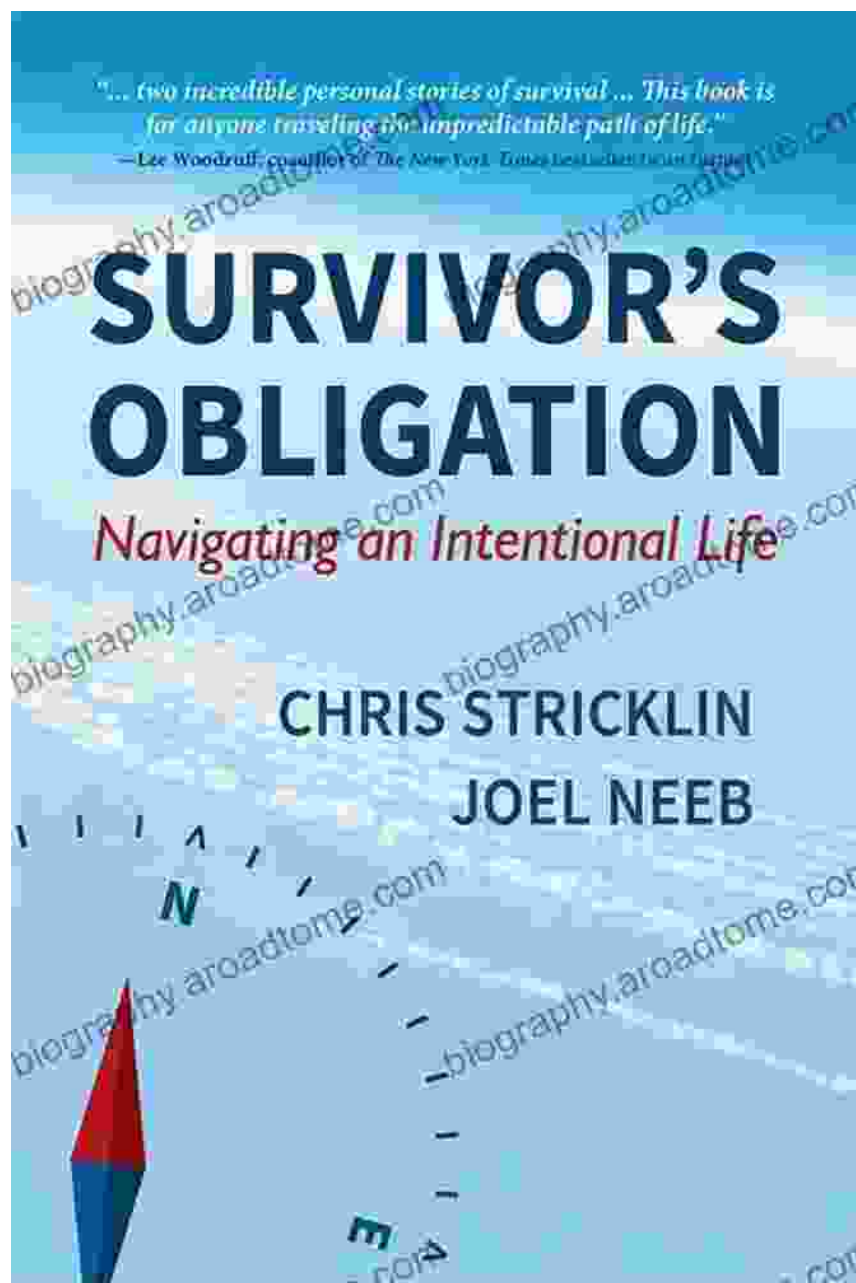
## **About the Author**

Author's Name is a survivor of trauma who has dedicated her life to helping others heal from their own experiences. She is a licensed therapist and the founder of a nonprofit organization that provides support to survivors of trauma.

## **Free Download Your Copy of Survivor Obligation Today**

Survivor Obligation is an essential resource for anyone who has experienced trauma. It provides practical strategies for breaking free from the shackles of guilt and expectations, redefining your identity, and creating a life that aligns with your deepest values.

Free Download your copy of Survivor Obligation today and start living an intentional life!



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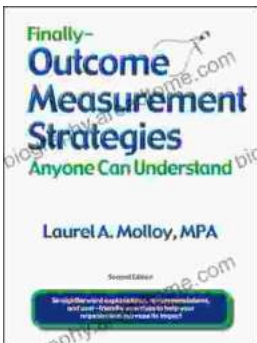
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