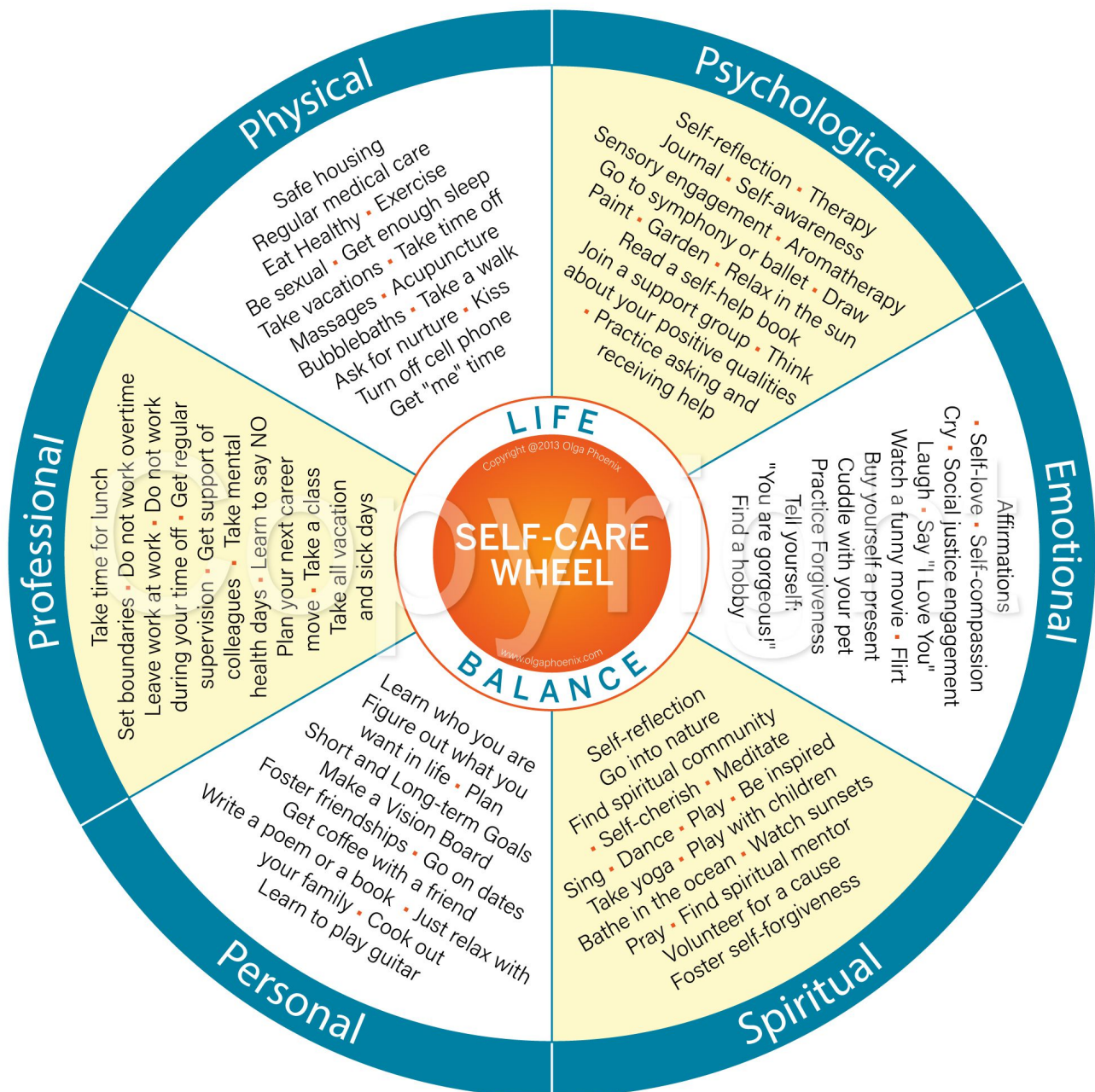


# SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide. Copyright ©2013 Olga Phoenix, All Rights Reserved. Unlicensed reproduction and distribution is prohibited. Copyright licenses are available for purchase at [www.olgaphoenix.com](http://www.olgaphoenix.com)

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