

# Overcome The 3 Dead-Ends In Trauma Healing

Uncover the leading edge in trauma recovery



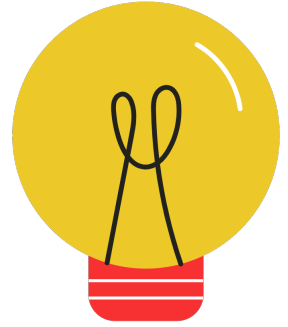
# Signs Of Mis- Managing Your Emotions

*(check all that apply)*

- you feel overwhelmed by daily life stress.
- you find yourself stuck on the anxiety hamster wheel.
- you bulldoze and shame yourself when feeling bad.
- you're afraid of intense emotions because they grow bigger than you can contain.
- you have a short fuse and feel anger and rage at daily life challenges.
- you constantly feel betrayed by other people not showing up the way you want them to.
- get flooded by emotions. anger quickly becomes tears rather than setting a boundary.
- you use coping mechanisms in extreme and unhealthy ways.



# What Doubt Is Holding You Back Most?

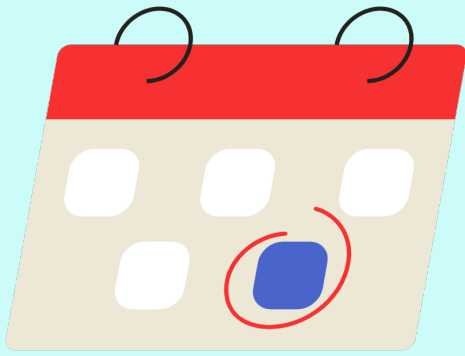


*(check all that apply)*

you believe that change comes through hard work, the more you suffer the more you grow.

your state of despair prevents you from believing a better tomorrow is possible for you!

you have a hard time staying focused and following through on things that are important to you.



# Where Do You Want To Be In 90 Days?

A large, empty white rectangular area with rounded corners, intended for writing or drawing.

# You Shouldn't Have Been Left Alone



# What Sensations Arise In Your Body When You Hear These Commands?

when i hear the command, "think about what you've done,"  
i feel \_\_\_\_\_ in my \_\_\_\_\_

when i hear the command, "time out!"  
i feel \_\_\_\_\_ in my \_\_\_\_\_

when i hear the command, "don't cry!"  
i feel \_\_\_\_\_ in my \_\_\_\_\_

when i hear the command, "be quiet!"  
i feel \_\_\_\_\_ in my \_\_\_\_\_

when i hear the command, "stop that!"  
i feel \_\_\_\_\_ in my \_\_\_\_\_

**Trauma is not in the  
mind, it's in **the body****

**Now you can heal on  
your own**

# Which dead-end has been holding you back?

- i didn't receive adequate initiation into emotional regulation.
- i identify my nervous system's dysregulation as a part of my personality flaws.
- i am not giving myself the support i need in moments of stress so i feel abandoned.



# Developing self regulation skills improve quality of life **right now**

# Which of these areas are relevant to your personal healing needs?

*(check all that apply)*

- daily stress management
- chronic stress
- trauma
- developmental arrest
- mind brain injuries
- condependency
- processing emotions

# Personal Assessment:

## Is this course right for me?

**review how many boxes you checked.**

*(checked box score: 0-21)*

**0-7:** i feel understood and seen.

**7-14:** wow, this is so much more helpful than what my psychologist has told me.

**14-21:** yes, this is exactly what i've been looking for. finally!

**personal 90 day goal:**

**how will i achieve my goal?**

diy route

the art of self regulation

**payment plan:**

all at once

monthly installments

**when?**

**within 48 hours - receive 40% off + bonuses**

after 48 hours - pay full price, no bonuses