

YOUR DAILY HEALING
AND SELF DEVELOPMENT PRACTICE
TO SECURING A HAPPIER AND
MORE CONFIDENT YOU

TRAUMA
Breakthrough
JOURNAL

KATE BEESLEY

Disclaimer:

In places this book contains information derived from memoirs. It reflects the author's present recollections of experiences over time. Some names and characteristics have been changed, some events have been compressed, and some dialogue has been recreated.

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DEDICATION



I dedicate this book to my daughter Sofia.
I want you to know just how proud I am of you.
My mission is to find purpose on our darkest days.
Supporting other women to go from being a sad and overwhelmed to healed and thriving
is my legacy to you my beautiful girl.
I will nurture this legacy to remind you never allow anyone to dim your light .
Continue to shine like the bright star you are and never stop being you.
You gave me strength on some of my darkest days and you motivate me everyday to
make our dreams a reality .
Our bond is like glue. Mummy loves you always. xx

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INTRODUCTION



Having personally experienced the impact of domestic abuse and childhood trauma, and having advanced my professional skills to specialise in childhood and adult related traumas, I can say with confidence that healing is a journey.

There are no quick fixes or shortcuts to recovery.

Healing from trauma involves developing awareness, building emotional resilience, and honoring our own emotions and boundaries. Prioritising our own healing as parents is crucial, as children learn through observation.

I have written this book with your healing journey in mind, aiming to help you break free from the overwhelming effects of trauma and embark on the path you are truly destined for – a life filled with joy and peace.

Towards the end of the book, you will find a set of journaling prompts, as well as access to additional resources by scanning the QR code on the back cover. These resources include demonstration videos, coaching sessions, and other helpful downloads.

My Qualifications

- Certified Trauma Practitioner which includes knowledge in neuroscience, the nervous system and positive psychology
- Certified Meditation Teacher
- Certified Clinical Hypnotherapist
- Certified Breath Meditation Teacher
- Domestic Abuse Specialist, DASH Risk Assessor & Educator

TAKING THAT VERY IMPORTANT STEP AS YOUR ADULT SELF

1



WHAT MOTIVATES YOU TO HEAL?

For your initial journaling task, list a minimum of 20 reasons for healing and moving on from any toxic relationship. If you can think of more, even better – the more reasons, the more effective the exercise will be.

The purpose is to provide your subconscious with valid reasons why the current situation is not beneficial for you. Your mind currently believes it is protecting you well and will keep searching for justifications or trying to rationalize someone's hurtful actions to avoid emotional pain, like abandonment.

"They didn't mean it."

They are having a rough day.

They've had a drink.

This was a significant reason I used for many years.

If there is a cause behind someone's behavior, there should be a solution, right?

Regrettably, for a solution to emerge, the other person must recognize how their actions have affected you or someone else, and then be open to taking action!

Abusive and toxic individuals seldom admit their faults as they are mainly focused on meeting their needs to protect their ego.

Sometimes, they might say what they think you want to hear, but this is typically a tactic to manipulate the situation and regain any lost control, leading to repeated behaviors.

Initially, brainstorming 20 reasons can be challenging because it's easy to lose track of what's important.

It is crucial for us to address feelings of inadequacy and prioritise meeting your own needs.

To begin, let's focus on one important reason, and that is your health and the well-being of your children.

From this topic alone, you might uncover various reasons.

Here are some questions to consider honestly:

- How would your declining health affect your children?
- How would health issues, yours or your children's, impact your work or the running of your business?
- Do you have a support system for childcare if you or your children fall ill?

These are tough considerations, but ones we can't ignore.

Learn from my personal journey with Crohn's disease; I once believed I was invincible.

Despite years of being symptom-free through strict diet and lifestyle choices, I was caught off guard.

The long term effects of Anxiety and Trauma can disrupt our entire well-being.

The emotional regulation ladder, a tool I often mention, illustrates the desired state of our nervous system at the top.

Here, we are balanced, thinking clearly, and approaching the world with self-awareness, including:

- Showing Compassion
- Feeling Calm
- Being Curious
- Feeling Connected
- Feeling Confident
- Being Creative
- Feeling Courageous
- Having Clarity

Many of these inherent qualities are natural but can diminish due to influences from caregivers, social interactions, and school environments.

Children often exhibit these traits in their early years but may lose them as they grow older.

Achieving a state of calm and regulation can be challenging on occasions.

Research indicates that starting from 15 weeks in the womb, a mother's emotional imbalance can lead to increased cortisol production, affecting the baby and making their system constantly alert to potential threats.

This early exposure may result in the baby being hyper-vigilant and facing challenges with emotional regulation from birth into childhood and adulthood.

Similarly, caregivers' lack of compassion or risk-taking avoidance can influence how we react in our environments.

Young children primarily learn through mirroring.

This is the foundation of how we connect love or wealth with our surroundings.

We are shaped by our environment, influencing our responses.

When faced with the fight or flight response, our interactions with the world can become judgmental, defensive, or angry, leading to the onset of anxiety.

Anxiety may intensify in the mornings as cortisol is naturally released upon waking, preparing us to be alert and active throughout the day.

It jumpstarts our memory and cognitive functions to prepare us for the upcoming day.

If you are currently dealing with anxiety and trauma symptoms, the natural morning cortisol release will be significantly higher.

Our dreams can also influence the severity of anxiety upon waking in the morning.

Cortisol is released in response to fear, gearing us up to flee from danger.

This fear arises from our senses, prompting our brain and body to react as if there is a threat to our safety.

Just picture having to run from danger constantly for days, weeks, or even months without respite.

The ongoing stress on the body, caused by an excess of cortisol, results in inflammation.

The Vagus nerve starts at the base of the brain and extends down to the gut, reaching out to various vital organs.

The body's "fight or flight" response is not designed to be a prolonged state and can lead to various chronic health problems.

Inflammation and stress can significantly impede the recovery process.

Conditions like IBS, IBD, and different autoimmune diseases are rooted in inflammation. IBD stands for Inflammatory Bowel Disease, whereas IBS, a common condition, stands for Irritable Bowel Syndrome.

Inflammation plays a crucial role in these conditions, and it also promotes the growth of cancer cells.

Fibromyalgia, which is directly linked to trauma, highlights the importance of maintaining psychological well-being not only to manage Crohn's disease but also to prevent other significant health issues.

Cortisol not only creates chaos but also interferes with the primary nerve in our parasympathetic system, causing a decrease in organ function as the brain conserves energy to confront threats. This can result in issues such as blood pressure fluctuations, heart strain, changes in immune responses, and decreased regulation of inflammation.

Furthermore, it completely disrupts the digestive system, leading to increased acidity, disturbance of gut flora, digestive issues, nutrient deficiencies, and inflammation. The body's energy-saving mechanisms are designed for short bursts, like escaping immediate danger akin to a predator chasing its prey.

As our brains struggle to release negative emotions and process distressing events, our nervous system remains in a constant state of readiness for a battle, unable to differentiate between real and perceived threats. This perpetual state places a significant burden on our bodies, contributing to the onset of various health problems.

Another issue that can arise in this condition is the body's tendency to store fat as a means of preserving energy.

If you struggle with weight, trauma could be part of the problem. I will go into this in more detail when we start looking at parts.

Additionally, if you're an active gym goer and you're struggling to tone muscle, this again could be as a result of Cortisol flooding your system.

Some of the classic symptoms of fight flight are:

- Clammy hands
- Raised heart rate
- An overwhelming fear or dread
- Responding defensively
- Aggression

And as we fall further down the emotional regulatory ladder, we reach freeze and fawn stages.

These are all components of the sympathetic response, but as we move lower down the ladder, we become more detached from the world.

Freeze is characterized by typical symptoms of depression:

- Finding it challenging to get out of bed.
- Losing interest in socializing with friends or family.
- Avoiding crowded places and experiencing panic.
- Feeling increasingly lethargic.

Perhaps resorting to alcohol or other substances to numb the feelings.

Disconnecting from the overwhelming sense of emptiness can be challenging.

In the Fawn, you might catch yourself trying to appease an abuser or toxic person. Submission is a way of calming the waters and managing escalation.

You may even find yourself taking the blame for issues and apologising to pacify them.

Another common experience is a nervous cough, as if you frequently need to clear your throat, a result of the vagus nerve tensing the muscles around the throat due to suppressed anger.

There is a helpful exercise in the resources to alleviate this. Hopefully, you have found some valuable insights to aid you in compiling your list of reasons to heal. Keep adding to your list as you progress through the book and continue on your healing journey.

Disconnecting from the overwhelming sense of emptiness can be challenging.

In the Fawn stage, you might catch yourself trying to appease your abuser and becoming submissive, attempting to smooth things over in hopes of improving the situation.

You may even find yourself taking the blame for issues and apologizing to your abuser to pacify them.

Another common experience is a nervous cough, as if you frequently need to clear your throat, a result of the vagus nerve tensing the muscles around the throat due to suppressed anger.

There is a helpful exercise in the resources to alleviate this.

Hopefully, you have found some valuable insights to aid you in compiling your list of reasons to heal.

Keep adding to your list as you progress through the book and continue on your healing journey.

Now think about your everyday surroundings, taking into consideration your five senses.

Smell

Are there any smells that instantly make you feel happy or calm?

Or, likewise, are you wearing a perfume that reminds you of your abusive partner or any other person who is a toxic influence in your life? These are the things we need to be avoiding and replacing with smells that are not activating for our nervous system.

Taste

Think about how well you are nourishing your body. Is it supporting your healing process?

I'll be covering more on nutrition in the resources.

Maybe you like mints or fruity sweets, these are all fine to suck on if they will stimulate the senses from a happy and regulated perspective but look for the sugar free options as consuming too much sugar, as I will cover in the nutritional section, won't support your healing process.

Touch

Think about the soft furnishings in your home how do they make you feel when you touch them? How cosy is your bedding?

I know I love soft fleecy things and often snuggle up with a fluffy throw watching a movie with my daughter.

Sight

Is your home visually comforting? What could you do to make subtle changes to improve how your homely surroundings to make you feel more uplifted?

Think about what colours make you feel happy and calm and incorporate these colours into your soft furnishings and wardrobe.

This is a good exercise to do with your children

Even if it's a scarf, throw or accessory, having colours that you associate with positive emotions can support the other tools I'm going to cover with you next.

Sound

Think about having music on in the background that makes you feel happy and uplifted.

Maybe put together a play list of music that lifts your mood and you associate with positivity.

SELF REGULATION TOOLS/ EXERCISES

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JOURNALING:

Journaling helps keep your brain in tip top shape. Not only does it boost memory and comprehension, but it also increases working memory capacity, which may reflect improved cognitive function.

Journaling the negative thoughts is a good brain dumping exercise. Once you have offloaded the negative thoughts whirling around your head, immediately replace these with something positive. If you are unable to come up with a solution to your specific issue, bring your attention to something that makes you smile.

The more parts of the brain we can activate to the positives in our life, the more it conditions our system in feeling safe.

Here are a few more ideas for journaling prompts:

GRATITUDE:

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Connecting each day with what we are grateful for is a good habit to get into.

It immediately moves our attention away from what's wrong in our life and back to what is good.

This makes gratitude not only a good journaling exercise, but also a powerful visualisation exercise to use in meditation, hypnosis, and even using my bilateral breakthrough method.

SMILE AND HUGGING:

Never underestimate the power of a smile and a heart felt hug with a friend or loved one. It floods the body with all those essential feel good hormones, filling us with a sense of contentment. Even smiling at someone on the street is incredibly powerful and sends an instant uplifting message to the brain.

Just notice the next time someone smiles at you on the street, you will find it difficult not to smile back.

And do the same in reverse, smile at a random stranger and notice how many people smile back.

SELF-LOVE / SELF CARE

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Self-love can come in many forms which is why I have brought these two things together.

Self-love is self-care and promotes the release of our happy hormones, putting the brakes on the sympathetic system.

Think about what you can do to pamper yourself and make yourself feel better.

This doesn't always have to involve spending lots of money...

- Run yourself a nice bubble bath with a lovely bath bomb or bubble bar.
- Have some quiet time to do some of the relaxation exercises.
- Go for a walk and listen to some uplifting or relaxing music.
- Paint your nails.
- Have a good old catch up with your bestie over a cuppa, either virtually or in person.
- Engage in a good daily skin care routine; having a glow to your skin will naturally make you feel better.

There are so many things you can do to give yourself that much needed pick me up, but whatever your idea of self-care is, ensure you savour every moment to let your system know it's ok and safe to feel relaxed and content.

FAITH

Faith is a powerful motivator when things are not going good in our lives.

Faith allows us to move forward with confidence and avoid worrying about future outcomes.

Faith allows us to move forward knowing everything is going to work out.

Faith can be found in people, religion or spirituality or even ourselves. Faith was an important for me when I was going through my treatment for the Sarcoma.

Fighting the big C is challenging, but throw in a recent bowel operation on top of that and then dodging bullets of abuse from the man I expected to support me, faith was needed in abundance.

I remember experiencing one of my darkest days, terrified what the future held for me and my daughter, it was faith and hope which got me through.

One thing I had was unshakable FAITH in my Orthopaedic Surgeon.

I knew I was being taken care of by the best, and both him and his amazing nurses made me feel I wasn't in this alone.

Knowing they had my back was a huge weight off my shoulders.

When leaving my abusive marriage, I drew faith from myself.

If I could survive a perforated bowel, a Sarcoma, dodge bullets of abuse all whilst looking after my then three year old single handed, well that meant I could get through anything.

Think about who or what you could draw faith from to support you in moving forward.

Establish your anchor of faith and use this as another journaling exercise.

Don't worry too much if you can't quite find anything or anyone to draw faith from because this is where hope will tide you over until faith comes more naturally.

HOPE

Hope will carry you through the storm.

Try think of a past event, either directly involving yourself or it could be associated with somebody you know where a challenging situation was faced but everything turned out better than expected.

Use this as your anchor of hope.

Faith and Hope are very similar, only faith is an unshakable belief that everything is going to work out.

Hope redirects you're attention to what is possible.

My anchor of hope through my sarcoma recovery was my mum.

My mum, although she sadly passed away, defied the odds with various cancers for years.

Having witnessed seemingly impossible miracles with my own eyes, it gave me the hope I needed to believe my outcome could be favourable too.

Combining that with my unshakable faith in my medical team I knew I was going to be just fine.

I used that same approach when i finally went no contact with my ex.

I was scared and uncertain of what the future looked like, so I the drew courage I needed from others who had weathered the exact same storm and come through the other end stronger.

Whenever I lost my way, I would bring my focus back to the survivors I knew who had not only established a safe and happy foundation for them and their children but these women were now fulfilling their life purpose.

Write every day as part of your journaling exercises:

"WHAT IF seemingly impossible miracles are possible"

Then follow on with your anchor of hope.

Example:

"WHAT IF seemingly impossible miracles are possible"

If my mum can defy the odds for as long as she did, then this is possible for me too".

The importance is repeatedly communicating this into the unconscious mind, until it feels true.

The importance in "WHAT IF" is, currently, your fear centre and your unconscious mind may not believe things can be different.

But we know it can.

We just need to convince our unconscious mind that positive change is possible.

AFFIRMATIONS

Which brings me onto getting the most out of your affirmations.

You may have done affirmations a million times, yet they don't make the slightest bit of difference.

I have bought so many mindset courses, I have lost count. One of the things I learnt through my training as a trauma practitioner was affirmations only work if the amygdala is open to the suggestion. The Amygdala is a part of the emotional part of the brain.

For Example:

I AM SUCCESSFUL, I AM ENOUGH, I AM WORTHY, I AM HAPPY.

I could have said these things until I was blue in the face. I even had I AM ENOUGH written on my mirrors.

No matter how many times I made these bold statements, my amygdala was sitting, rolling its eyes thinking I was talking utter nonsense.

This is because my words did not match my reality.

But not only that, I had an army of protector parts showing up, preventing me from feeling an emotional wound, which also highlighted my self-belief wound of not being good enough.

When I refer to protector part, I am referring to things like:

Procrastination.

People pleasing.

Stage fright.

Aggression.

Defensive

Perfectionist

I'll talk about these more later in the book, but these parts will make any firm statements you make completely in-effective or not long lasting.

The only way to resolve this issue long term, is to eliminate the event specific biological markers embedded on the fear centre responsible for these parts showing up to protect you.

This is where the psycho sensory methods come into their own.

Again, I will be covering this with you when we get to younger self.

In the meantime, we can be getting the unconscious mind open to the the possibility of change. By simply tweaking your affirmation process slightly with **WHAT IF**, or **I DESERVE**, starts to prime the unconscious mind to a better outcome.

WHAT IF I could be successful, how would that improve the opportunities available to me?

WHAT IF I have always been worthy of success, happiness, and freedom?

Then when you are feeling less resistance to What If, progress to, **I DESERVE** to achieve success because that would improve not just my life, but that of those I love and cherish.

Obviously tweak accordingly to what you are wanting to affirm, but you get the gist.

Once you start to get more comfortable with this, move onto: I CAN, I WILL, I DESERVE.

These are firmer statements, without telling the unconscious mind lies.

And only once you move closer to achieving your goal, should you move to I AM.

HAPPY FEELINGS AND MEMORIES:

Make a list of 10 happy memories to visualise and connect with. Do this as if you are recreating these events in your mind.

Next, make a list of the happy emotions that you experienced at the time and the happy emotions you experience whilst recreating that same event through your visualisation process. These are all good things to turn to while utilising the meditation exercises, I show you and the psycho sensory methods also.

COLD WATER:

Either splashing your face with ice cold water OR having a cold shower will send an electric signal to the brain to release dopamine and condition the nervous system that it is safe, despite the experience being unpleasant.

Dopamine is a neurotransmitter that is released when we feel good and feel stressed and is what promotes addiction.

Alcohol and other stimulants including sugar or even dangerous activities provide us with a rush of dopamine.

We experience the same rush of dopamine when we enter a new relationship and experience the initial feeling of attraction.

This explains why, for some people, falling in love is so addictive and could lead to multiple affairs or jumping from one relationship to another.

The trick is to provide the brain with a regular hit of dopamine throughout the day, in a way that is not toxic or dangerous to either ourselves or other people.

The use of cold water is one way you can do that, just as meditation and mindfulness can.

Engaging in this regularly also helps to condition the nervous system to not react irrationally to every unpleasant situation.

And a bonus to this cold water exercise is it does wonders for your skin and hair as it improves blood circulation.

TIP:

Try short 1 min blasts of very cold water on your face while in the shower, paying close attention to your breath.

Initially, the cold water will take your breath away but consciously regulate your breath to deliver that feeling of safety to the fear centre.

After the 1 min blast, turn it straight back to hot and immerse your body in the warmth to enhance that feeling of safety within your nervous system.

I also find benefit in holding my chest and abdomen under the cold shower too.

I haven't specifically come across any evidence of this providing benefit, but we know there are neurons in the heart and the gut, which is why we feel so many emotions around these areas.

I certainly find benefit in this cold water approach.

It is also beneficial to drink ice cold water as this can stimulate the vagus nerve when we swallow, instructing the body to relax.

Important: If you have epilepsy or psychosis, please seek consent from your health care provider before engaging in cold water therapy .

HYPNOSIS:

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Hypnosis allows us to go deep into the unconscious mind, and because it slows the brain frequency down to Theta, it offers amazing healing benefits.

Some benefits of hypnosis are:

- Supports the reframing of our negative belief system. Supports overcoming phobias.
- Supports overcoming addictions.
- Promotes better sleep.
- Supports pain management.

MEDITATION:

Meditation is essentially the induction process of hypnosis that gently encourages the mind and body to relax so we can more easily access the unconscious mind.

Meditation can vary greatly from light meditated to a much deeper meditative state, but our aim is to slow the mind down so we can better process our thoughts and emotions, allowing us to hit the brakes on the fight/flight response and improve vegal tone.

Meditation can last anything from 5 minutes to 30 minutes and is a good exercise to implement into your daily routine as a means of keeping you regulated.

Meditation is a great way to utilise your visualisation exercises and gratitude.

Meditation doesn't always have to be sitting quietly and floating into the clouds, it can be as simple as visualising and using imagination to tell a story.

This kind of meditation is beneficial to use with children of all ages.

Children's imaginations are so much more creative and visual than adults so you will be able to take them on a magical adventure into their imagination very easily .

There are many other versions of meditation that you can tap into. Some of the methods I use are techniques that implement conscious breathing, VOO or OMMM Sounds.

DIAPHRAGMATIC AND RESONANT FREQUENCY BREATHING:

Breath work is a good thing to practice every day.

When we are in fight/flight our breathing naturally becomes more erratic and we take shorter breaths.

By becoming consciously aware of our breathing, slowing it down and ensuring we are breathing from the belly, this gives our nervous system a sense of safety .

If we were really in danger, we wouldn't be able to control our breath.

There's a demonstration of this in your resource area.

MINDFULNESS:

Mindfulness can be integrated into so many things in our day-to-day life and is good to practice with children to get them out of the emotional part of their brain.

Here are a couple of ideas you can easily implement:

- Activating the 5 senses... Notice what you can see, what you can touch, what you can hear, what you can smell, and can taste.
- For taste I like to keep sugar free mints or boiled sweets in my bag or pocket so i can easily stimulate this sense.
- In the shower is a great place to be mindful.
- Close your eyes and notice the water on your face, notice the relaxing feeling as you massage the shampoo into your scalp.
- Massaging cream into your skin.
- Really be intentional when applying creams.
- Eating food.

This is a thing so many people rush, and this not only impacts the digestive process, but we don't enjoy food as much as we could.

On your next meal, eat slowly and put your knife and fork down between each mouth full, notice the different tastes and textures of the food.

- Having time away from social media or TV to play a game with the kids and just be fully present.
- Go on a mindful walk with the kids or on your own.

Focus your awareness on surroundings activating the 5 senses.

- Art therapy is a popular mindfulness exercise.

This is something that is incredibly powerful with children.

Without the support from a trauma professional, initially I would ask them to focus on the positives and have them draw a picture of what makes them happy and a picture of something they dream of doing or being.

The use of colour in art also can influence how we feel, so be aware of what colours are associated with different emotions when partaking in art therapy.

Another good exercise to do with children is, ask them what colours they associate with feeling happy, strong, confident, safe and try incorporate these colours into their wardrobe.

Art therapy can also include purchased art to hang in your home.

There are so many ways to be mindful; mindfulness is just being present and in the moment, not thinking ten steps ahead or trying to do five things at once, which I know us mums are guilty of doing a lot.

POWER OF SHIFTING YOUR STATE:

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We can shift our state in an instant just by changing our posture, sitting up straight, pulling your shoulders back and lifting your head up.

You will find when you do this it is difficult to look or feel miserable.

You instantly want to smile.

The other thing you can do is get up and move your body, whether that's dancing or walking, the bilateral movement not only stimulates the feel good hormones, but it also activates the two sides of our brain.

This why exercise is so good for our mental state of mind.

I talk more about bilateral stimulation below .

One thing to bear in mind if you are experiencing anxiety on a regular basis, engaging in too much high impact cardio, will significantly raise the heart rate.

This movement replicates what we would be doing if we were running from danger, which will, in turn, keep you in a survival state. The reason for this is, when we are in danger our instinct is to run, which increases our heart rate, and adrenaline floods the body.

Therefore, if we are frequently stuck in our sympathetic system, running could alert our internal alarm system that danger is still present.

Whilst healing from any trauma responses, my advice would be engaging in lighter exercise/ movement such as walking, resistance training, Pilates, yoga or swimming, which are all good options and amazing for shifting your state from negative to positive whilst keeping the nervous system regulated.

We can also shift our state by dancing, singing or listening to happy uplifting music.

Think about what your soul needs and choose your playlist accordingly.

Maybe you need to feel inspired and motivated for your business or career, or maybe you need a confidence boost to feel a sense of worth.

Whatever your soul is craving, choose the music that will give your soul what it needs in that moment.

Think about your surroundings in the home.

Does a certain smell make you feel relaxed and calm?

Do you find certain textures comforting?

Bring in colours you associate with happiness, peace and fulfilment. Really activate and draw as many of the senses towards the positive in the home or office.

The same principles can apply to accessories and clothing.

POWER OF FORGIVENESS:

I know this may at first be a tough thing to do and you're probably thinking why you should forgive someone who has caused you so much pain.

It isn't about forgiving their behaviour.

It is about letting go of the energy behind the emotion that is keeping you stuck. And it is about forgiving yourself and releasing self blame.

Sadly, the other person doesn't feel any emotion knowing you are angry with them, the only person that continues to suffer is ourselves.

A good exercise for this is:

Visualise the person behind your closed lids and repeat the words “ I forgive you and it is time to let you go of what no longer serves me. Now is my time to heal and give myself love and care.

Repeat this three times, then imagine a cord between you and that person and cut the cord with a virtual pair of scissors.

As you witness the cord start to drift away repeat the phrase again.

BILATERAL STIMULATION:

Bilateral movement or bilateral stimulation activates the left and right sides of the brain.

By activating the two hemispheres of the brain, we enhance the processing and filing of memories and data.

Ways we can utilise bilateral stimulation are:

Bilateral music which is sound that moves from the left to right ear when listened to through headphones.

Walking is a form of bilateral movement, although usually best incorporating this with other mindfulness exercises to benefit fully.

Tapping your legs left to right which is also referred to as resource tapping.

BILATERAL BREAKTHROUGH METHOD:

This method, is the perfect blend of everything I've learnt to date, incorporating bilateral stimulation and the very nurturing Havening touch which is my absolute favourite psycho-sensory technique I have trained in to date.

This is a highly effective approach, which can be used in a therapy setting as well as an easy to implement self healing tool that enhances the benefits of any mindfulness exercise or coaching tools covered in this handbook.

EYELINE ACTIVATION POINTS:

You may not have consciously noticed, but when we're thinking, or searching our memory banks for words while engaged in conversation or trying to remember past information, we usually move our line of vision or gaze intently to one point as if searching for the answers.

For most people this represents looking into the past for answers.

This point in our line of vision can often activate our system, so it is good to become aware of where this activation point is and where your none activation point is also.

This awareness will prevent you from keeping your focus for too long on a point that may be alerting the system to danger.

This is certainly something to be aware of if you have any court hearings or interviews coming up.

SLEEP AND ACTIVATING YAWNING:

Good quality Sleep is incredibly important, not just for the healing and rejuvenation of the whole body but also for processing and storing memories and emotions.

It is specifically the two later stages of sleep that support these roles, which means we have to go through stages 1 and 2 before healing and processing can take place.

Therefore, disturbed sleep is so impactful on our overall health and wellbeing.

Things that can support a better night sleep:

Coming away from electrical devices an hour before bed and try unwinding with some theta music, meditation or breath work.

This will really help to slow your brain frequency down to one that will support restful sleep.

Avoid any cardio exercising in the evening, this will promote the release of Cortisol and adrenalin, causing the heart rate to go up, which won't support a good restful sleep or support the repair and regeneration of muscle.

Get into a good sleep routine by waking up and going to sleep at the same time every day.

This helps the body clock optimise for a full night's sleep and rejuvenation.

If you do wake up in the night to go to the bathroom, avoid using the main lights.

Try keeping the lighting as dimmed as you can so it is easier to get back to sleep.

Try drifting off to Theta music or listen to a sleep meditation.

Avoid heavy meals in the evening, try to plan your meals so you are having any heavy or hard to digest meals at lunch time or no later than early evening, otherwise the digestion process will hinder your sleep process.

Avoid alcohol, nicotine and caffeine as these can all hinder the sleep cycle.

Yawning is also the brains way of preparing the body to relax deeply for sleep as it tones and stimulates the Vegus nerve.

There is a useful technique you can use to stimulate yawning and support the parasympathetic system at any time of the day.

I demonstrate this in the resource area.

The importance of toning the Vegus nerve for nervous system regulation:

You will have noticed I have referred to the Vegus nerve quite a few times whilst taking you through the above self-regulatory tools, and this is because it is a key part of keeping the body operating optimally.

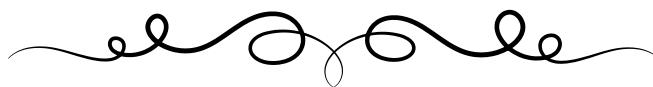
By actively engaging in the positive loop systems, switching negative thoughts to positive, that puts the breaks on our sympathetic system and the brain instructs all the organs to relax.

It does this via the Vegus nerve.

By regularly toning the Vegus Nerve and accessing that positive loop system, we not only improve organ function, but we also improve heart rate variability, we increase oxygen exchange, lower blood pressure and, very importantly, we regulate our body's inflammatory response, improving immune response and digestion.

The other thing people can often notice when they are holding onto anger, is experiencing an annoying, nervous cough. It feels like you are forever needing to clear your throat.

Just as the vegus nerve branches off to the various organs, we also have a branch leading off to the throat and this can cause the larynx to tighten, which is why voo or resonant frequency breathing is a good exercise to relax this area.



“The Flower That Blooms Despite
Adversity, Is The Rarest & Most Beautiful
Flower Of All”



Boundaries are not something a co-dependant is good at enforcing, particularly in a romantic or personal relationships with family and friends.

Boundaries should be there to take care of ourselves and respect our own feelings.

If you have a coercively controlling partner or parent, it is likely they have slowly moulded you into the person they want you to be.

Be under no illusions, they have been incredibly subtle in doing this.

Often this process is disguised as helpful or with your best interest at heart.

The moment your guard is down, they slowly change the rules and your eagerness to please has you moulded into the obedient person they desire.

Re-connecting with your values and starting to implement small but safe boundaries is a vital part of healing.

When you understand how to set and maintain healthy boundaries, you can avoid future feelings of resentment, disappointment, and anger.

SO, WHAT ARE BOUNDARIES AND VALUES?

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When you define your personal values, you discover what's truly important to you.

Boundaries can take many forms. They can range from being rigid and strict to appearing almost non-existent.

If you have more rigid boundaries, you might: keep others at a distance, seem detached, even or have few close relationships.

People with rigid boundaries tend to avoid close relationships.

When your boundaries are more relaxed, you may: find you get too involved with other people's problems, find it difficult to say "no" to others', be guilty of oversharing personal information.

Seek to please others in fear of rejection.

These are also classic traits of someone who is co-dependent.

A person with healthy boundaries understands that making their expectations clear helps to establish what behaviour you will accept from other people, and it establishes what behaviour other people expect from you in return.

This allows for compromise.

When you have healthy boundaries, you will share personal information appropriately .

Not too much, or not too little.

Understand your personal needs and wants and know how to communicate them.

Value your own opinions but accept when others may not agree with you.

Many of us have a mix of boundaries depending on the situation.

For example, you might have strict boundaries at work and more relaxed boundaries at home or with family and friends.

Often culture can influence someone's boundaries and values.

Some cultures find that sharing personal information is not appropriate at any time, while in other cultures, sharing might be encouraged.

But when it comes to values and boundaries brought about by cultural beliefs, it is important to truthfully ask yourself, are these YOUR BELIFS or have those beliefs been conditioned into you by others?

If they have been conditioned, this can be a form of abuse that is hidden behind culture.

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TYPES OF BOUNDARIES

Building healthy boundaries whether you're at work, at home, or hanging out with friends hinges on understanding the types of boundaries.

Physical Boundaries:

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This refers to your personal space, your privacy, and your body.

Are you comfortable with public displays of affection, hugs, kisses and hand holding.

Perhaps you find these public displays of affection intrusive?

Sexual Boundaries:

These are your expectations concerning intimacy .

Sex is a common weapon of choice for abusers, in that they will either use sex to love bomb and make you feel desirable and wanted, or they will withdraw sex to punish and assert 'their control.

Sexual comments and touching inappropriately might also make you feel uncomfortable.

Intellectual Boundaries:

These boundaries concern your thoughts and beliefs.

Intellectual boundaries are not respected when someone dismisses another person's ideas and opinions.

Emotional Boundaries:

This refers to a person's feelings.

You might not feel comfortable sharing your feelings about everything with a friend or partner. Instead, you prefer to share gradually over time.

Financial Boundaries:

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This one, as you guessed, is all about money. Financial control is a common form of abuse in romantic relationship.

Maybe you like to save for the future,

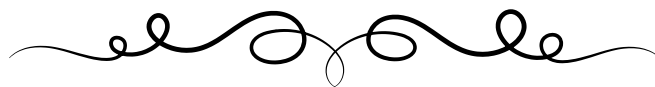
Maybe you believe we only live once so money should be spent to bring joy to your life.

Maybe financial freedom and independence is something that's important to you.

This is why relationships with people who share our values is always best because it avoids conflict.

Otherwise it requires compromise from both parties.

When you do the values exercise in the coaching prompts below, consider the different types of boundaries.



**“Our Boundaries Are a True Reflection of
The Respect We Give Ourselves!
How We Respect Ourselves Is How We
Teach Others to Respect Us.”**

HEALING YOUR YOUNGER SELF



Co-dependency and Trauma bonding what is it and how has it led you to a string of toxic relationships?

Co-dependency reflects our lack of self-worth and usually a result of childhood experiences.

This results in our adult selves looking to others to fill a void due to a lack of.....

- Self-love
- Self-respect
- Self-care
- Self-worth
- Self-belief

Notice the repeated word “SELF”.

A co-dependent lacks a sense of SELF.

Throw the typical association with love into the equation, this is the perfect recipe for attracting toxic relationships and friendships into our world.

You're likely not consciously aware your association with love is negative, particularly as most co-dependent women grow up daydreaming about their fairytale wedding, the perfect partner who loves everything about us.

I'm going to give you a couple of examples so you can maybe start to connect the dots and establish what your interpretation of love is.

Example 1:

Take a child who has grown up with parents who have a toxic relationship.

Maybe they have been exposed to lots of arguments, physical or mental abuse towards one parent.

And the safe parent being abused, simply tolerates the abuse and disrespect, while the abusive parent experiences no consequences for their disrespectful behaviour.

This child grows up where their nervous system associates love with disrespect. Therefore they either grow up abusing others or becoming the victim where staying silent and submitting to abusive behaviour is the way to stay safe.

Example 2:

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Take a child who was criticised and felt like they could never do anything right.

This child will grow up associating criticism and disrespect with love, not to mention huge self doubt and confidence issues which could impact advancements in career and work.

Although both these situations are unpleasant for anyone to keep experiencing, the brain takes comfort in familiarity; familiarity equals certainty, and certainty equals safety.

Growing up, I would quickly lose interested in a boyfriend who treated me respectfully .

Maybe you can relate ?

To this day, my brother still reminds me of a boy I dated briefly, who I split up with because he was too nice.

If truth be known, I didn't know why I split up with him. All I knew was I didn't feel that excitement.

Today, looking at it through a trauma informed lense he was too nice and to my traumatised system, that was unfamiliar and unfamiliar territory resulted in uncertainty .

All I had ever wanted was to feel loved and accepted, but my whole life, I associated drama and chaos with love.

Of course, my parents appeared to love each other and were always there to support one another, but they argued what felt like constantly, and there was so much disrespect.

I remember Mum storming out of the house in a strop.
Me running after her down the street.

I was exposed to chaos and drama my whole life.

And then, in a blink of an eye everything was rosy again, usually because I had played peace maker to smooth the waters, or Mum had submitted and taken the blame for something she often didn't even start.

This became my systems associated with love.

An abundance of what I had been taught as loyalty, mixed in with some gaslighting and reactive abuse, emotional blackmail.

The silent treatment was a favourite in our household.

Anything outside of these fluctuating behaviours was unfamiliar to my system, therefore, the safest option was to abandon ship and seek out familiar territory.

Childhood is where our trauma bond begins.

Our system becomes addicted to the abuse cycle very early on without us even realising it.

Yo-yoing up and down the emotional regulatory ladder becomes a part of life.

Regulated and calm is not something a co-dependent is very familiar with.

As we exit one abuse cycle, we usually enter another, until we heal the wounds from childhood and establish a sense of self.

The brain craves dopamine like an addict craves their choice of drug.

In fact, it is Dopamine that is released when any substance is consumed.

It is Dopamine that we develop the addiction to, not the source.

Therefore, to heal co-dependency and break the trauma bond, like any addict, we first must break the habit. Replacing our source of dopamine with something that is not destructive to us or others.

Finding a healthy source of dopamine such as mindfulness, breath work etc, will help to regulate our nervous system.

This is where daily implementation of your tools is essential.

It is only by having awareness of when and how this dependency occurred can we start to heal and break the cycle and moving us forward.

You may find you have other addictions which you turn to to soothe or numb some of your emotional wounds.

This could be anything from food, drink, drugs, shopping, gambling and even sex and intimacy .

I talk more about this in emotional band aids, but these are also a result of the root cause.

Can you see how experiences in our adulthood is not necessarily the root cause of our distress?

Adult experience are more often the catalyst that has exposed an old wound because our nervous system is triggered as a result of how we feel when exposed to certain conditions.

The Emotional wound is exposed when snapshots representing the senses are detected in the long term memory.

This could be a word
A tone of voice
Colour of clothing
Even a song

As a therapist we often say the problem you think you have is not the actual problem.

For example, you may think you have a phobia of spiders but when we trace the emotion and memory back the root cause is something completely unrelated.

WHAT ARE SOME OF THE OTHER CHARACTERISTICS OF A CO-DEPENDANT?

No relationship with yourself.

What is your self-care like? How often do you do things just to make yourself feel good?

Often a co-dependent is more concerned about doing everything for the benefit of others than for themselves.

Again, this is down to the burdens we carry through from childhood and contribute to the stories we associate with our self-worth:

I must be perfect to receive love.

I must make everyone else happy to be worthy of love.

I must be successful to be liked.

I MUST... I MUST... I MUST .

Co-dependants are the proverbial people pleasers.

Do you get accused of interfering or getting caught up in people's business?

This serves two purposes:

Firstly, if we can fix other people's problems, we might just get the praise and recognition we are longing for.

And the second reason, it stops us focusing on our own problems for a short while.

By focusing our attention on fixing other people's problems, it results in recognition and praise, it provides our nervous system with the feeling of self worth which, is enough to sooth our system long enough until we can get our next dose of breadcrumbs.

Relating this back to relationships.

I have had two relationships where both had problems with addiction which not only gave me a distraction to my own deep sadness.

If I could FIX or rescue them so to speak, then surely, I would have earned the right to their love, acceptance, and approval.

Maybe then I would feel good enough.

This is music to a coercive controllers ears, to have the nurturing, ever pleasing Co-dependant pandering to them and massaging their ego in a desperate attempt for them to feel good enough.

This is why a co-dependant is easy prey for a coercive controller both in personal relationships and the workplace.

Denial

This is a big one for co-dependents, particularly when it comes to toxic relationships.

A lot of this comes from not wanting to feel like a failure, so we make excuses for bad behaviour until eventually, the burden gets too much to bear and the cracks start to show .

Walking away is not a sign of weakness or failure. Walking away is a sign of strength, healing and self-worth.

When we have no belief in ourselves, or have a fear of abandonment and rejection, the very thing we are afraid of is the very thing we associate with love.

Compulsive behaviour

This can be anything from making risky financial decisions to dangerous or risky activities.

This can also include being overly promiscuous.

Lying or being secretive

This is done often to hide the fact that we don't feel good enough, or to avoid people viewing us as a failure.

A basic example of this is lying about how wonderful your relationship is. If you share the truth, then they may judge your choices or even blame you.

All of which exposes those wounds from the past.

We can become so good at pretending our life is a certain way to others we start to believe our own lies.

Maybe you remember being made to keep secrets as a child.

Most co-dependents find it incredibly hard to trust anyone, not even themselves when it comes to important decision making.

This is another characteristic that can keep us trapped in the abusive cycle. Afraid to trust anyone enough to speak out, afraid to trust ourselves not to fall flat on our face if we do walk away.

Co-dependants lack the faith to know everything will be just fine.

Part of my conditioning from a child was, if anyone offered to help or support me in any way, my programming would be defaulted to expect them to let me down.

Even if it meant burn out, I would push through and do everything myself. This is something I still have to pay close attention to.

Co-dependants have a need to control their surroundings. This has always been a big one for me. Because we walk through life expecting others to let us down, this strengthens our need to control situations and outcomes.

As a controlling co-dependent, having solicitors making a long, drawn out divorce process even more long and drawn out by trying to negotiate with an unreasonable person, was absolute torture for me.

And this was equally as painful when dealing with the criminal justice system.

Co-dependents also tend to carry a lot of shame and guilt.

Maybe you were made to feel guilty as a form of punishment as a child?

It's not uncommon for co-dependants to indulge in alcohol, drugs or even food and shopping as a means of self-soothing.

Unless we are aware, we are unable to heal and if we don't heal, we are likely to repeat the toxic cycle.

This is important, not just for yourself, but you also need to break this cycle for your children. These cycles have an uncanny way of repeating themselves generationally, which you may notice when you do your family tree.

Have a think about your parent's childhood. How has their upbringing shaped the way they behave as adults?

Look at your grandparents.

You will start to notice a generational pattern. The good news is, you are choosing to heal and break that cycle so you can live the rest of your life free from these emotional burdens.

Hopefully your children are young enough that the changes you implement can alter their belief systems to a position of compassion, curiosity, and self-love.

COMPLEX POST TRAUMATIC STRESS DISORDER

CPTSD is often experienced by people who have experienced domestic abuse and childhood distress,

The symptoms and traits are typically yo-yoing up and down the emotional regulatory ladder, feeling an extreme range of emotions:

INTENSE HAPPINESS, INTENSE RAGE, DEEP DEPRESSION

Due to this fluctuation in emotions, the nervous system is conditioned, from an early age, to believe that these feelings are normal.

I know, looking back at my childhood, I had lots of happy moments which pushed me up to the top of the ladder. But equally, I had many experiences that got my heart racing, feeling like I needed to protect my parents from each other, even themselves, through the endless arguments I would witness or be brought into the middle of.

Many occasions I felt disconnected from the world both at home and at school.

There were even two occasions where our house was broken into, and I remember on both of those occasions, being scared to go to the bathroom at night.

My system was so conditioned to the fight flight freeze cycle, it was the norm.

YOUNGER SELF COACHING TASKS:

These exercises help us achieve SELF-LOVE, SELF-SUFFICIENCY AND SELF-WORTH.

These are all things we need to be able to give ourselves and lower our expectation of others.

Access the resources and complete the check list.

Think about how the traits and characteristics of family members have shaped the person you are today.

You could also do the same with friends you have grown up with.

I would also like you to create a timeline of events, starting from your earliest memory to the current day.

These events should include any unpleasant or traumatic experiences, as well as happy and positive events.

As you connect with each event, I want you to think about the emotions you felt at the time and what belief you associate with that event?

eg., I am not good enough, I am a failure, I am worthless, I am not loveable.

The reason for positive and negative events is, I want to start introducing dual thinking.

I will cover this in an information processing exercise I'll cover with you in the resource area.

What was the burden you connected to this belief ?

I must be perfect; I must fix everyone; I must be successful; I must keep the peace.

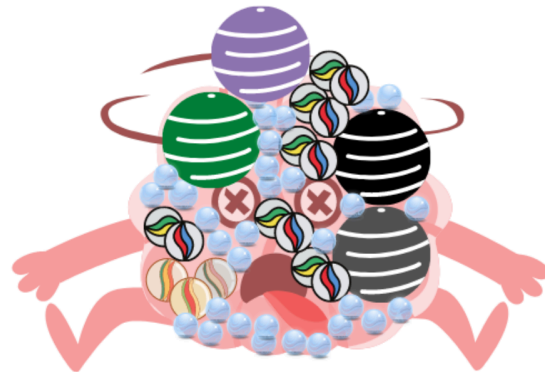
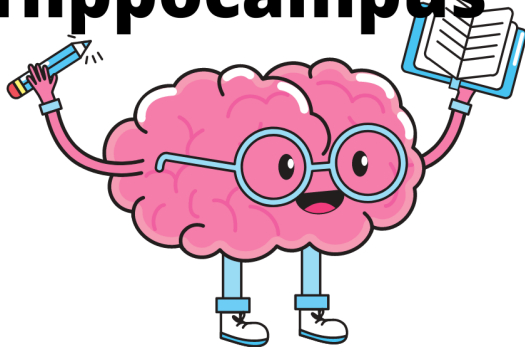
Don't worry too much if there are windows in your life you cannot recall, this can happen when our hippocampus shrinks and our capacity in our long-term memory becomes overloaded, causing brain fog and disassociation.

Before starting this exercise refer to the demonstration video in the resource area.

To understand how your capacity to cope may be influencing your emotional responses towards your kids or other people, take each of the events you have on your timeline, and scale each event as small, medium and large trauma.

Think of these events as marbles being dropped into your brain and, as each of these unprocessed events get added to your long-term memory, capacity exceeds causing an explosion of emotions, brain fog and forgetfulness.

Happy Hippocampus



Overloaded Hippocampus

Our goal is to time stamp these events in order to increase our capacity to cope. We do this by accessing the fear centre where these events leave behind biological markers that sit rigidly on the fear centre waiting to be alerted to potential danger.

Only by slowing the frequency the brain operates at can we create enough plasticity to communicate with the fear centre and change the response process initiated within our body.

This event processing system then frees up space in our long-term memory, which is when we notice the brain fog starting to dissipate and memory improving as the hippocampus starts to expand and improve the capacity to cope.

This can only be approached with an experienced therapist or trauma practitioner.

The aim of using your trauma informed tool kit daily is to manage the frequency and intensity we experience triggers.

I describe it as gaining a bounce back ability .

Healing is not about walking through life without a care in the world. Healing enables you to acknowledge without feeling the bodily experience, acknowledging something is challenging and addressing the matter with a clear head.

Now go back to your timeline of events and check in on your family tree and get curious about what could have influenced certain behaviours to develop.

Understand that although people may have behaved a certain way towards you, it was in no way BECAUSE of you.

Get curious about your own behaviours towards others and how they may impact how others feel.

We all respond based on our conditioning from past events. One more exercise I would like you to do to help you pin down your self-belief wounds.

Ask yourself the following questions:

If you woke up tomorrow morning and you had your dream life, what would that look like? Where would you be living? What would your house look like? Who is with you?

What sort of things are you doing/how are you spending your time?
What person are you?

Then ask yourself, if you woke up tomorrow morning and all this was your reality, what do you believe would go wrong?

How would that make you feel?

How would that effect your life and your relationships then?
What's the worst that could happen?

If this outcome was to play out, what would that say about you? Why do you believe this was going to happen?

And finally, what do you believe other people are thinking about you when things do go wrong?

Hopefully, after completing these exercises, you're a bit clearer on what your specific self-belief wounds are and what activates the nervous system to respond the way it does.

So now, I want you to start putting that doubt into question, and to give you an idea of what I mean I'm going to give you a couple of examples:

EXAMPLE ONE:

I'm invisible. Nobody is interested in what I share.
This was one of my personal limiting beliefs.

“Really Kate, nobody is interested in what you have to say?”

I would then list the people who genuinely acknowledge the value I share, so that I put that belief into question.

Then, I would dig deeper and have my younger self question that belief.

I would think about different times in the past where people were genuinely interested in what I had to share.

Next, ask yourself is there another belief that's influencing this?
Continuing to use my example:

I believed I was a failure and that If I wasn't successful, I wasn't worthy of been heard, seen or loved.

So, I would look to my younger self and acknowledge all my accomplishments as a child!

This exercise is very much about putting our negative beliefs into question as both your adult self and your younger self.

Always remember, it is the younger self that's driving all these emotions and beliefs, which is why it isn't enough just to put those beliefs into question in the here and now.

That little girl must start to see her worth and put her story into question.

EXAMPLE TWO:

“NOBODY LIKES ME”

Are you sure nobody likes you?

List all the people with whom you have formed a genuine and healthy relationship with. You can do this for personal and professional connections.

Do the same with your younger self, recall all your genuine friendships.

This is a good journaling exercise for you.

Nervous System awareness based on your self-belief wounds you have uncovered:

We looked at the emotional regulation ladder when understanding and getting to know how our children are feeling, and the same thing applies to ourselves.

Look at the LADDER and think about how you feel at each stage of the regulation ladder.

What events or circumstances drop you into fight/flight, and what drops you into freeze or submission?

But more importantly, I want you to start to think about what you need to happen to bring your system back to the top of the ladder into safety?

And then, as I go through the various emotional band aids in the next chapter, think about which band aids are part of your emotional first aid box and where are you on this emotional regulatory ladder for your brain to grant you permission to indulge in such activities.

Remember, although our brain is responding to soothe, the consequences can be devastating, not just for ourselves, but for those around us.

Awareness is an important part of the healing journey.
With awareness comes change and growth.

The other thing I want you to become aware of is, where in your body do you FEEL certain emotions?

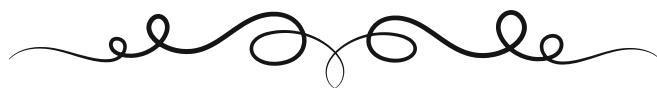
Some examples are I feeling anger in the tummy, I feel sadness in the heart.

These are very personal to you, so really connect with all the emotions and beliefs you have become aware of through the process so far, and really notice where you FEEL these in your body .

What colour do you associate with each emotion?

And if you could replace that unwanted feeling with a positive emotion, what would you name that desired FEELING?

Does that emotion have a colour?



“There’s N o Doubt the Past Can Hurt,
But W e Can Either Run from It or Heal from It.”

EMOTIONAL BANDAIDS



Highlighting these potential issues is not done to induce shame or guilt.

The important thing to understand is these emotional band aids are not your fault.

These parts are not there with the intention of causing you more suffering or making your life harder, even if that is the result.

Emotional band aid's primary intention is to soothe or distract away from feeling those deep rooted insecurities and activation wounds we have unpicked from all the previous exercises.

These parts act in the moment, despite that part's impact being destructive to either yourself or others. The logical part of your brain may acknowledge this, but logic cannot always influence the emotional part of the brain that is responsible for these destructive behaviours.

As I go through some of the main Emotional Band Aids, I want you to firstly please don't beat yourself up; this exercise is about gaining awareness and understanding, establishing what each part thinks would happen if it wasn't there.

Will power alone cannot overcome toxic habits when these parts are protecting you from feeling a greater pain.

Intelligently, you may know certain behaviours are damaging to your health for example, but because the fear centre has associated something with pleasure or security, it will always respond in the moment to soothe or protect an emotional wound.

Before logic has a chance to negotiate or reason with the fear centre, permission has already been granted. This explains why we often find it difficult to resist temptations when they are staring us straight in the face.

Just as you are learning to acknowledge why you behave the way you do and look at yourself more compassionately, equally, I want you to start adopting this same approach when evaluating the responses of others towards you.

This is in no way an attempt to excuse bad behaviour particularly when we are evaluating the behaviours of someone who is abusive, rather it is an explanation so you avoid the trap we can all fall into of blaming ourselves for other people's behaviour.

So, as we go through the emotional band aids use the tick box provided to start making a note of all your emotional band aids.

If there are any that I've not covered that you think could be having a negative impact on your life, get it down and go through the same series of questions when you get to the journalling exercises.

EMOTIONAL BAND AIDS

Some common emotions that are part of our emotional first aid box are:

Anger

Being highly defensive/feeling a need to justify yourself

These are commonly there as a way for your system to give you a sense of support. That someone has your back.

These were common emotions for me, both when I was in my abusive relationship and when going through divorce. Every time the ex would accuse me of something or make slanderous statements, it never felt enough for me to know everything he was saying were lies. I had this compulsion to constantly justify myself to people who were not asking me for an explanation.

This was my defensive part showing up in full force.

Judgemental or Interfering in other people's issues

This is a distraction away from our own problems or internal battles. When it comes to trying to fix other people's problems, this potentially could result in praise which provides us with those breadcrumbs of gratification a codependent so desperately seeks.

Procrastination

This part shatters so many dreams and stops us living life to our full potential.

Usually, procrastination is associated with judgement or failure.

Denial

Denial often shows up to protect us from feeling guilt or shame.

Imposter syndrome

This part often shows up when we don't feel good enough or worthy to have a particular role.

You may compare yourself to others more qualified or more experienced than you.

This part makes you feel like a fraud.

Humour

Humour, or laughing at completely inappropriate times, is an emotional part that comes up when faced with an uncomfortable situation.

Stammering

Stammering is a nervous part, that prevents you from expressing yourself freely. This could be through fear of being judged, fear of offending someone or fear of speaking out leading to abuse.

Addiction

Turning to Alcohol or other substances is a common crutch used to cope with day to day stresses. Substances are a means of numbing out a deeper pain.

Experiencing any kind of emotional overwhelm, whether that's a result of the kids sending your head into a spin or work related pressures, how many catch themselves uttering the words.....

“I NEED A GLASS OF WINE”

That isn't by accident.

Your fear centre in the brain has given you permission well in advance to engage in that indulgent glass of wine as a means of soothing how you are feeling.

I'm using alcohol as my primary example just because it is the most common, but the same principles apply to anyone who turns to any kind of substance to self soothe.

Maybe something has happened in the day that's activated the alarm bells and, rather than you feeling that pain, your brain is giving you permission to forget or numb it out for a little while.

Certainly, in the case of alcohol, the fear centre often associates this with pleasure. Which is why alcohol dependency is such a growing problem in society .

Society has conditioned our unconscious to associate this with not just socialising and having fun, but also, we as a society, associate alcohol with unwinding and relaxing after a long day.

Unfortunately, despite the good intentions of the unconscious mind, this has devastating consequences on our long term health.

In fact, due to alcohol being a mood enhancer, this actually heightens any existing low mood if the landscape isn't altered by including social engagement with friends or loved ones.

Contrary to popular belief, it isn't the stimulant that makes you feel good, it is all the other things representing the landscape that provides that feel good feeling:

Dancing; Singing; Hugging; Kissing; Laughing; Smiling.

All these promote the release of happy hormones which alcohol will naturally enhance this state, due to it being a mood enhancer.

However, the minute our landscape alters, and we are left with the original feelings and thoughts that have been triggered, our emotional state defaults back to the state prior to the alcohol intake.

Only, dependant on the volume of alcohol in the blood, the negative emotions could now be enhanced, which could lead to suicide, self harm and tightened aggression towards others.

This is why perpetrators who have alcohol or substance misuse represent a greater risk to their victims.

Since Covid 19 lockdown, the number of people drinking excessively has dramatically increased, along with the number of domestic abuse cases and suicide, which is no coincidence.

This is because isolation and redundancies has shone a great big spotlight on abandonment and self-belief wounds that cause those effected to feel inadequate.

Since the unconscious mind associates alcohol with an abundance of happy hormones, it instantly directs to what it thinks will distract away from feeling emotional distress.

But without the presence of the true source of happiness and joy, the alcohol only enhances the original state.

As I covered earlier in the book, abusers behave the way they do due to their own emotional wounds, so if they use alcohol as a means of self soothing when their needs are not being met it will only enhance the abusive behaviour.

This is why we see an increase in domestics and public brawls around football season.

People get so involved in the game that any failings of their team are seen as a reflection of themselves, so that frustration will be directed at those who are easy targets.

Likewise, the one being abused in the home could be turning to substances to numb out and escape their internal nightmare.

The brain only ever wants to make us feel better in the moment and it will guide us to what it remembers enhancing our mood, which is why substances aren't the only thing the brain can look to as a means of making us feel better in the moment.

The same applies to anything that promotes the release of dopamine. That could be food, gambling, shopping, sex, drugs, cigarettes, even exercise.

All of these things are fine to engage in as a means of soothing the soul, but when they have a destructive influence on other areas of our life, such as health, financial security, or starts to impact or infringe on the lives and happiness of those closest to us, that's when we need to start to look within and establish what that part is keeping us from feeling and re-frame that association and address the wounds through supported trauma therapy with a professional who is experienced with this sort of matter.

Alcohol dependency is one issue that needs to be approached very carefully. 64

Depending on daily consumption levels, cold turkey or reducing significantly suddenly could lead to the onset of alcoholic seizures.

These can be life threatening. I talk about this when we look at lifestyle factors, but if you are concerned about the level of alcohol you are consuming daily, please contact your GP.

Really have a think about what lifestyle choices you use to self soothe that may otherwise be having a negative impact on yours or a loved one's life. It is important to be honest with yourself about these as it is too easy to try justifying or downplaying certain behaviours because they are seen as sociably acceptable.

Nervous Habits



Self-harm, nail biting or other nervous habits, like pulling eyelashes or eyebrow hairs out.

Even nervously fiddling with your hair.

These are all distractions from feeling something else.

Although self-harm is causing physical pain to oneself, to the unconscious mind, it is less painful than FEELING that emotional pain of not feeling good enough.

These become so involuntary, you won't even realise you are doing these things a lot of the time, resulting in the habit being the instant go to whenever the unconscious mind is alerted to any snapshots representing danger.

Weight Issues

This is such a common part that effects so many people who experience trauma.

This can be for several reasons.

Firstly, as I've covered at the start of the book, cortisol plays a significant role in causing inflammation, preventing you toning or building muscle.

Additionally, the fight/flight response not only hinders the digestive process, but also effects how well we regulate our inflammatory response.

When we consider obesity is an inflammatory disorder, this becomes a big stumbling block when wanting to lose inches.

The brain also holds onto fat as a means of preserving energy for the fight/flight response. Furthermore, fat can be a way of the brain protecting you from feeling a past emotion linked to an event.

An example of this is:

Take a woman who has experienced a miscarriage. The loss of that child is a traumatic experience. If that event is encoded as inescapable, the brain will associate certain conditions with that loss.

This is unique to everyone but potentially, the brain could associate feeling and looking attractive with intimacy.

Intimacy is directly linked to pregnancy and the loss.

By the brain holding onto fat, making this woman feel unattractive, the brain thinks it is protecting her from feeling the pain of the loss again.

The same principle can be used with a bad breakup.

This was the case for one of my case study ladies; by holding onto the inches, the brain was protecting her from feeling the pain of rejection, abandonment and inadequacy again.

Essentially, her lack of confidence in herself impacted her belief in the dating process, so instantly, she was a magnet for all the wrong men, or she simply ended up running a country mile away without giving the relationship a chance.

The moment we addressed the root cause of the problem, that's when several issues started to resolve, including the stubborn inches.

You can checkout the video testimonial from Isabella on my website.

Illness and Pain:

Illness is another area which comes about as a result of being stuck in our sympathetic system.

Additionally, the brain can create illness and pain as a way of distracting or taking our attention away from something it deems more painful.

I've mentioned this a couple of time now, the brain acts only in the moment, and emotion most of the time, overrides logic.

Intelligently, we know being ill or having pain isn't a pleasant experience, particularly if it's an illness that's potentially life threatening.

To the brain the emotion it is distracting from is far worse.

Not only do any physical symptoms move your attention away from feeling not good enough, illness and pain can often be associated with a sense of belonging, acknowledgement, even love.

If your unconscious mind identifies when you are particularly unwell you gain people's attention or love, the brain will associate the illness as serving a purpose.

This is why, support groups for certain problems and conditions can be more of a hindrance than a help in some cases.

Groups of people suffering the same symptoms and problem can provide a sense of safety, meaning the illness provides a sense of belonging. It serves a purpose.

Association and language is something we need to be careful with when experiencing any chronic illness or pain.

This is something I can relate to personally, after tracing back all my Crohn's flares to times where I've felt under pressure to achieve a level of success.

Illness was a way of my brain protecting me from feeling a failure and all the suffering this brought with it.

Failure meant I was ignored, making me feel worthless and unloved.

That, to my system, was far too painful to bear.

Illness meant that expectation from others was lifted, and I felt seen, heard, and loved, without the burden success carried.

The illness had a purpose.

A tool I find helpful is Louise Hay's theory to certain ailments and body parts associating with certain meaning and beliefs. It is a little WOO WOO, which I know isn't everyone's cup of tea, but for me, it certainly ties in with my story and experiences.

Crohn's Disease:

Fear, worry, not feeling good enough... I started with Crohn's symptoms back when I was at school, feeling all these things.

Sarcoma In My Knee

Cancer: Deep hurt, resentment, deep secret or grief eating away at the self, carrying hatred... very relevant when my Ex locked me and our daughter out. But this was also relevant to my childhood.

Knee: Pride/ego, being stubborn, inability to bend, fear, won't give in.

Leg: Carry us forward in life.

Left side of body: Feminine energy, women, mother.

Muscle: Resistant to new experiences with an inability to move forward.

For the 4 years after being locked out by my husband, I refused to accept my marriage was toxic. I refused to accept my daughter being raised in a broken home.

I had this image in my head how being a mother should be, and how life should be for a woman at my time of life.

I was resistant to change and continued to fight for something that was never going to change or improve.

During some of the mind games through the divorce process, I developed kidney stones and UTIs.

This represents lumps of unresolved anger, annoyed usually with the opposite sex.

Although the Louise Hey theory may appear a bit WOO WOO, the relevance in this for me, and so many others, is on point when you compare with the beliefs and emotions you feel today and those you unpick from your time line.

I just want to elaborate a little bit more on pain before we move on.

As we have established pain can occur as a way from distracting away from something else which is often how fibromyalgia manifests, but pain can also be the brain's way of alerting you to a medical problem.

This why pain should never be ignored.

If you experience the onset of pain, always have it investigated with a medical professional.

Reoccurring pain can also come about from an injury that occurred at the same time as a traumatic event.

A prime example of this was one used when I was doing my trauma training...

A lady was involved in a taxi incident whilst visiting London. Despite injuring her hand, she felt no pain due to her focus being on the conditions surrounding the accident whilst trapped.

The hand injury wasn't her prime focus therefore didn't cause her any problems until she returned back to the City.

Because the injury occurred at the time of emotional encoding, one of the event snapshots was London itself.

Simply being back in the city was enough to alert the amygdala of potential danger. This directed her attention back to the hand injury and pain was experienced in the hand.

In this example, the physical pain is associated with emotional pain as a result of emotions also being stored in the fascia of the muscle.

I experienced something very similar with my own back, when I was car jacked many years ago which resulted in a shoulder injury.

My boyfriend at the time was cheating on me with his best friend's wife.

That emotional distress overlapped with the physical injury when I was car jacked.

After that, whenever I experienced emotional overwhelm from my now ex husband, this triggered the same emotions felt when a previous boyfriend was unfaithful, which instantly resulted in me experiencing neck and upper back pain.

The emotion was not only encoded within the fear centre and the snapshots related to the event stored away in the long term memory.

But the memory was also stored in the lining of the muscle at the time of the injury.

In this instance, we need to address the encoding from the emotional distress, to resolve the pain.

For this task, use your journalling prompts for your emotional tool kit and get curious:

What is that parts role?

What does that part think would happen if it wasn't there for you?

What would you feel or experience that's too painful to bear if that part was removed from your life?

Thinking about that emotion the part is protecting you from, does that emotion have a colour?

My advise would be to avoid or minimise how often you wear clothing in this colour and reduce these colours in your home soft furnishings.

Where in your body do you feel these emotions?

MORE RE PARENTING TASKS:

I have already given you exercises throughout this section to help you identify what your emotional and self-belief wounds are, where they may have originated from, and what parts are making up your emotional tool kit.

I want you to journal these out and try to re-frame or put those parts into question.

Is there a more supporting role you can give that part?

I will use one of my own examples for you:

I felt I was a failure.

In fact, this was nailed into me by my then husband and my father.

When I listed and journaling all the times I had been successful, I instantly put that belief into question by providing real life examples.

My illness part:

I listed all the ways having chronic illness impacted my life negatively.

More importantly, I acknowledged what me being unwell meant for my daughter who depended on me to keep her safe, happy and well.

Using these tools, I was able to keep that illness part in check because although its presence removes expectation, by connecting with the distress I would feel if I failed my daughter, it allowed me to negotiate with that part to support and work with me and find balance.

Now I would like you to really think about how you, as your adult self, can start to nurture and provide that hurt younger part everything they needed as a child.

When I say this, it may not necessarily mean re living your childhood, although if taking part in activities that filled your heart with joy as a child, you may want to introduce these back into your life.

Can you recreate any of these with your own children?

Maybe you loved to go horse riding or ice skating as a child.

Is that an activity you can do either on your own or with your own children?

Make a bucket list and think about how you can start to integrate these things into your future or chill out time.

Make a positive connection list.

Who within your circle of friends or family has a positive impact on the way you feel?

Who leaves you feeling drained?

It is important for our emotional wellbeing to spend most of our time with the people who lift us up.

Schedule in time to reach out and connect with those who have a positive influence in your life and think about how you can minimise the contact with those who have the opposite effect.

Make new connections and friendships.

Is there anyone you would like to get to know better within your circle?

Reach out and connect and make new friendships with like minded people.

Are you in business or want to be in business?

Connect with mums in business groups for positive social interaction.

Set an intention daily, or a promise to yourself to do something for you.

Start off small and build on those daily commitments to yourself.

Be aware of how your environment makes you feel.

So, if the sight of mess affects your mood, what could you do to keep on top of the household jobs better?

Pamper yourself.

Even if you can't find the time or the money to go to a salon or a spa, run yourself a bath, commit to a good skincare routine, paint your own nails, take the time to dress to make yourself feel good.

These things may seem simple but if we look good, we feel good, and when we feel good this has a positive effect to the rest of our day.

Implement a good bedtime routine for yourself. Going to bed and waking up at the same time, gives the system a sense of stability, just as it would with a child.

And stability and routine make the system feel safe.

Nutrition and lifestyle.

Really think about whether your diet and lifestyle habits compliment how you want to feel. Are they in any way compromising your wellbeing?

I am diving deeper into this subject in the next section of the book, but as you have discovered just how much of an impact our emotional state can influence our health, it is no good fixing the mind if the mind isn't armed with the knowledge to make better choices around diet and lifestyle, which impact our health just as much.

But as we dive deeper you will start to see how it is very much a big jigsaw puzzle and one influences the other.

And the final thing would be implementing 5 minute rule before reacting or acting upon an urge to behave or respond in a certain way.

For example, if your amygdala has given you permission to have that glass of wine, rather than act in the moment, wait 5 minutes and ask yourself what is the purpose of that glass of wine?

Is it wanting to soothe something within you?

And could there be a better option that could achieve the same goal?

Use the regulation tools I demo in the resource area for this 5 min rule exercise.

By allowing those 5 minutes for the active thinking brain to kick in, there is a chance logic may override emotion if you also implement the tools I demo for you.

This won't work every time, particularly when there is a lot of deep rooted trauma, but it certainly is worth implementing and starting to train and condition the unconscious mind to consider a different approaches that will provide a healthier dose of dopamine for the system.

This approach can be applied to emotional responses too.

Rather than react with anger, take a step back for 5 minutes and see if you can regulate yourself so you're able to rationally think and respond. This is a particular beneficial approach for parents with their children.

NUTRITION & LIFESTYLE



As this book is heavily focused on the brain and how it drives and influences everything from our behaviours to how optimally our body performs, I feel the best place to start is highlighting the essential nutrients for optimum brain and cognitive function and what diet and lifestyle habits impact this greatly.

Omega 3

Most people understand the importance of Omega 3 in their diet, but what people don't realise is there are different components that make up Omega 3.

DHA is vital for cognitive function. In fact, DHA is essential for brain development in children.

EPA is another essential property in Omega 3 that supports the body in addressing inflammation in the body.

These properties are only found in fish oils, so if this isn't supplemented, you would need to be introducing oily fish such as sardines, salmon and mackerel to your diet.

However, to absorb and bind these essential properties that make up Omega 3, we must consume an additional property called ALA, which is another healthy fat found in foods such as avocados and flax seed.

Not all Omega 3 supplements contain all 3 essential properties, and Omega 3 fish oils really needs to be purchased cautiously as these properties deteriorate rapidly.

What you tend to find is, many supplement providers encapsulate fish oils as they are coming towards the end of their shelf life as a way of prolonging the life of the oil.

Unfortunately, they are doing so when these essential components in the oil, EPA and DHA, have broken down, meaning regardless of taking a high mg of EPA & DHA, it's much less effective if the oil isn't consumed as fresh as possible.

Vitamin B1 & B12

These are essential for brain function and energy production.

The problem with all the B group Vitamins however, is that they are water soluble, which means they are not stored in the liver like non soluble vitamins so quickly get flushed out of the system.

The other hindering factor for Vitamin B1 is certain lifestyle factors deplete levels much quicker, these include; Stress, Alcohol, Caffeine and Sugar.

If you struggle with fatigue and indulge in any of the above, this would certainly be my first port of call in looking to improve Vitamin B1 levels and absorption. This would be done by initially starting off with having 50mg of B1 3 times a day, and starting to detox and reduce down alcohol, sugar and caffeine consumption.

I am suggesting reducing as withdrawing too quickly can induce some rather unpleasant symptoms and can cause additional unnecessary stress on the body by spiking cortisol levels further.

As we have discussed throughout the book, managing cortisol levels is vital for so many reasons.

IMPORTANT NOTE

Please do reach out for additional support from a GP, if you are consuming high volumes of alcohol daily. A bottle of wine or the equivalent a day I feel would warrant reaching out to your GP.

Reducing from high volumes of alcohol too quickly can do much more damage than raising cortisol levels. Alcohol withdrawal can induce alcoholic seizures, which are incredibly dangerous.

Alcohol, sugar and caffeine all contribute to the onset of inflammation also.

If weight management is a part that is showing up for you, then managing inflammation is critical to addressing this problem.

One thing not many people realise is that obesity is an inflammatory disorder, and it is a very difficult thing to get control of if any part of the health jigsaw is out of alignment.

Inflammation occurs from psychological factors as we have covered. Additionally, diet and lifestyle factors contribute to inflammation either by raising acidity levels or spiking insulin production.

When inflammation is present, this then initiates the pancreas to release further insulin, which then results in further inflammation.

This means the inflammatory cycle keeps repeating unless the body can regulate inflammation effectively. Therefore, the full jigsaw must be completed to break the cycle.

So, what other things influence insulin production other than sugar?

Carbohydrates

We do need carbs to give us energy which is why it is important to understand the difference between the two carbohydrates.

Simple Carbs are the ones to avoid because they cause the pancreas to release insulin rapidly.

As our energy reserves are being topped up, if we are unable to burn off the previous reserves quick enough, this additional shot of fuel has nowhere to go, so is stored as fat!

The more insulin we release from the intake of simple carbs and sucrose, which is essentially what we know as table sugar, the more the brain craves these foods due to the ability to enhance our mood.

Even Fructose, which is fruit sugar needs to be consumed with caution.

Although fruit is a healthy option, if we consume too much in one sitting it will spike insulin levels too much.

One of the worst ways to consume fructose is in juice form, with the removal of the non-soluble fibre in the juicing process, it rapidly increases the absorption into the blood stream causing you to crave more of it.

An adult shouldn't be going much over 30g of sugar a day. Start paying attention to labels and you will see just how easy it is to exceed this.

Complex Carbohydrates, are broken down and absorbed at a much slower rate, meaning the pancreas doesn't release insulin quite as rapidly .

This allows our energy stores to be topped up on a drip process, giving the body time to burn off energy between servings.

This slow release means the source of carbohydrate doesn't act as a mood enhancer, so smaller food portions and less snacking between meals is more easily achieved.

Keeping on the topic with weight management, another important nutrient and one that is often overlooked is Protein.

Protein is essential for building and repairing muscle. If we are not maintaining lean muscle, we struggle to maintain results due to the fat metabolising process remaining sluggish.

Losing lean muscle can often lead you into a false sense of security with the scales due to muscle weighing much more than fat does. You could lose lots of weight but very little inches relative to what's showing on the scales.

The average women need to be consuming at least 50g/60g of protein a day. If you are working out this must increase to 80g/100g of protein.

Acidic foods and drink

Raising the acidity levels in the gut significantly contributes to inflammation, which impacts the healthy cells that make up the immune system as well as damaging the gut flora.

Antioxidants are an area not many people understand. Antioxidants are essential to slow down the ageing process and improve immunity.

We have two types of antioxidants.

Secondary Antioxidants, which are the dietary kind, only slow down cell damage. It is with our Primary Antioxidants where the magic happens.

Primary Antioxidants are naturally produced by the body.

If you look at the pyramid below, the higher up the pyramid, the more responsive the antioxidant is in protecting us from free radicals produced through stress and environmental factors.

SOD is our front line defence but lacks stamina.

SOD, becomes sluggish with age. The only way to improve this is to consume foods that also contain SOD so it can improve our own SOD production.

The only two known sources are a special melon powder where the SOD is extracted from the cantaloupe melon. The other source is Chaga mushroom, which is a fungus that grows off the birch tree in Canada and is boiled and consumed as a tea.

CATALASE is what I refer to as the middle-distance runner.

This takes over from SOD as it becomes tired.

Catalase is also impacted as a result of the aging process but is much

easier to stimulate through more readily available foods:

raw carrots, red peppers, kale, Pak choi, these all contain Catalase. But Catalase enzymes are heat sensitive, which is why I specifically state raw.

This enzyme also must be consumed super fresh to influence our natural catalase production, therefore, growing your own or buying from a local farmer is best.

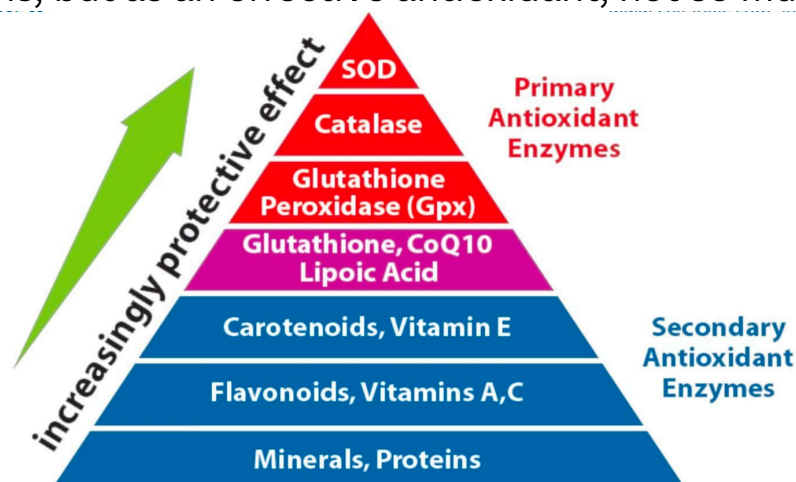
GLUTATHIONE PEROXADASE this is much slower to respond to free radicals, therefore performs a mopping up effect after SOD and Catalase have done most of the heavy lifting.

This naturally producing antioxidant however isn't affected by the ageing process, but it is effected by poor diet. Therefore, by improving your diet, you naturally improve your body's ability to prevent cell damage through this enzyme.

Referring to the pyramid.

The further down an antioxidant is, the slower it is to react.

Therefore, typical dietary antioxidants are not as effective as people are led to believe. Vitamins and minerals are essential for their own individual reasons, but as an effective antioxidant, not so much.



The final part of nutrition I wanted to touch on for you was IRON and Vitamin C.

Iron and Vitamin C are two nutrients that can contribute to fatigue if we become deficient in one or the other.

Iron is required to produce haemoglobin, which transports oxygen from the lungs round the body.

However, even if iron is being consumed adequately, if Vitamin C levels drop, iron cannot bind, which then leads to anaemia.

As I explained with the B group of vitamins being water soluble, Vitamin C also is water soluble so requires drip fed consistently through the day.

WHAT SORT OF MEALS ARE GOING TO BEST SUPPORT YOUR HEALING?

Keeping in mind while you are going through the process of regulating your nervous system, using your tools consistently to tone the vegus nerve, keeping to foods that are easy to digest is your best choice.

Consuming foods such as chicken and fish, ideally including some of those oily fishes into your meal planning that we covered in the Omega section.

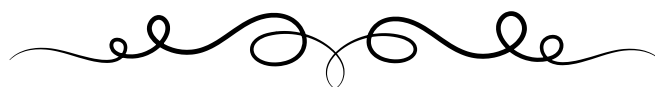
The other thing to consider is keeping some of your meals to liquid, incorporating Protein powders that are low in sugar and high nutritional value.

The final thing on the nutritional side of things is intolerances and food allergies.

These can play absolute havoc with our gut health, and they are more common than we think.

There is an easy and convenient way to have these tested using a hair sample test which I have used in the past and found helpful.

I've only been able to scratch the surface on the nutrition side of things in the book, but I wanted to cover some key points for you that would support you on your healing journey, both psychologically and physically, which both have a direct impact on each other.

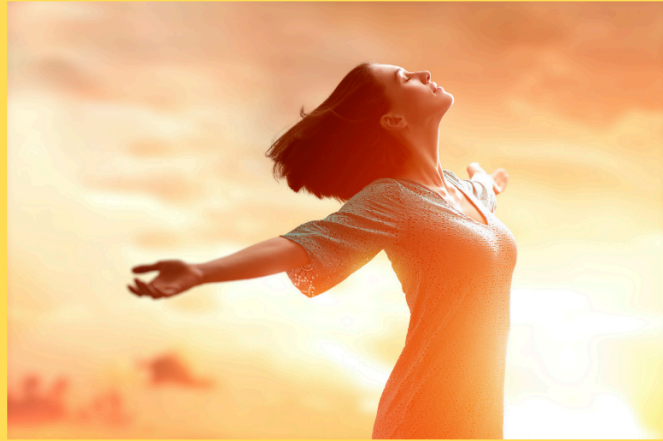


“True Happiness Comes From Within”

*Journaling
& Coaching
Exercises*



Happy Regulated



Fight/Flight



Freeze/ Fawn



Much Needed TLC

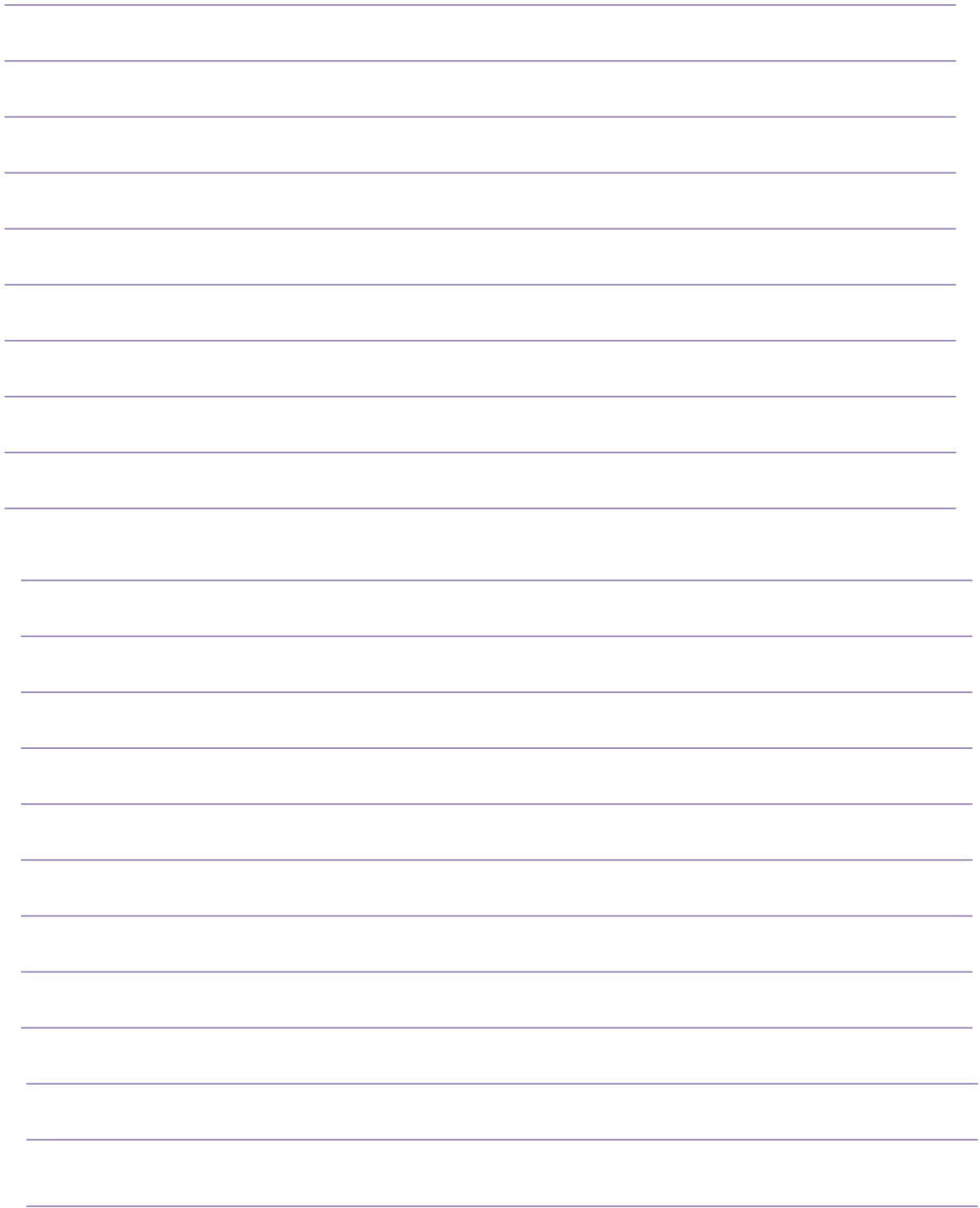
Tick or highlight the options that describe you.

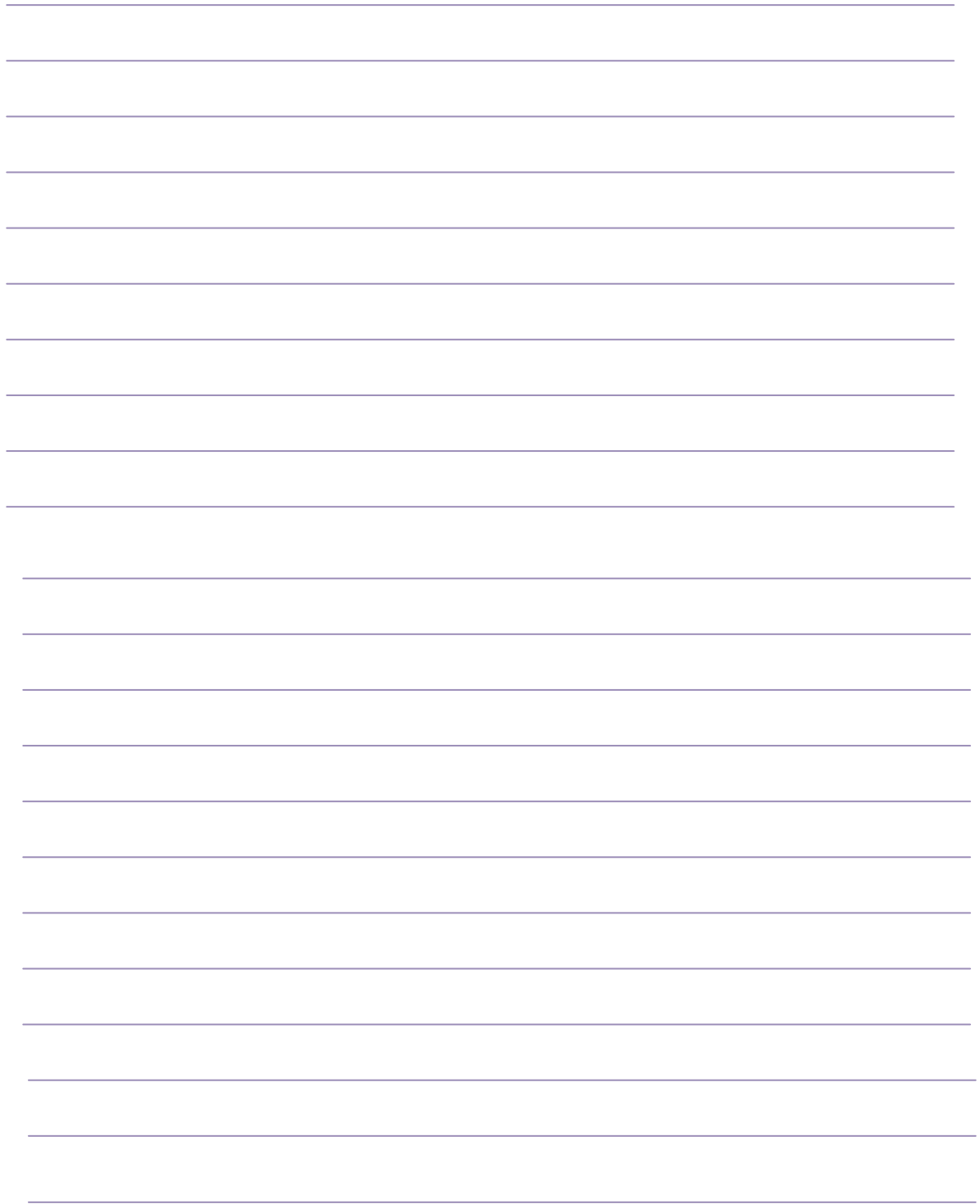
- I find my self-worth in helping others
- Putting others' needs before my own
- Dealing with anxiety and struggles setting boundaries in relationships
- Being involved with individuals facing addiction or impulsive behavior
- Using denial to handle stress
- Suppressing emotions and having sudden outbursts
- Feeling anxious or depressed
- Staying alert for potential dangers
- Misusing alcohol or substances as a way of coping
- Facing health issues related to stress
- Seeking validation through others' approval
- Focusing on pleasing others or protecting them
- Building self-esteem by easing others' pain or solving their problems

- Allowing fear of rejection to control my actions
- Over giving to feel secure in relationships

Tick or highlight the options that describe your family and experience growing up.

- Passive-aggressiveness manifested in the environment
- Feelings remained unspoken
- Parents employed guilt as a disciplinary tool
- Discouragement of expressing personal views was evident
- Children found themselves in the midst of parental disputes
- Unreasonable standards of perfection were enforced
- Communication proved to be difficult and strained
- Resentment lingered between family members
- Work consumed one or both parents excessively
- Secrecy was encouraged or forced
- Children were pressured to choose sides between their parents
- Emotions consistently lingered in a tense state
- Physical violence occurred.





Observe your reactions to different situations. Identify what this part believes it is shielding you from, and then challenge that belief.



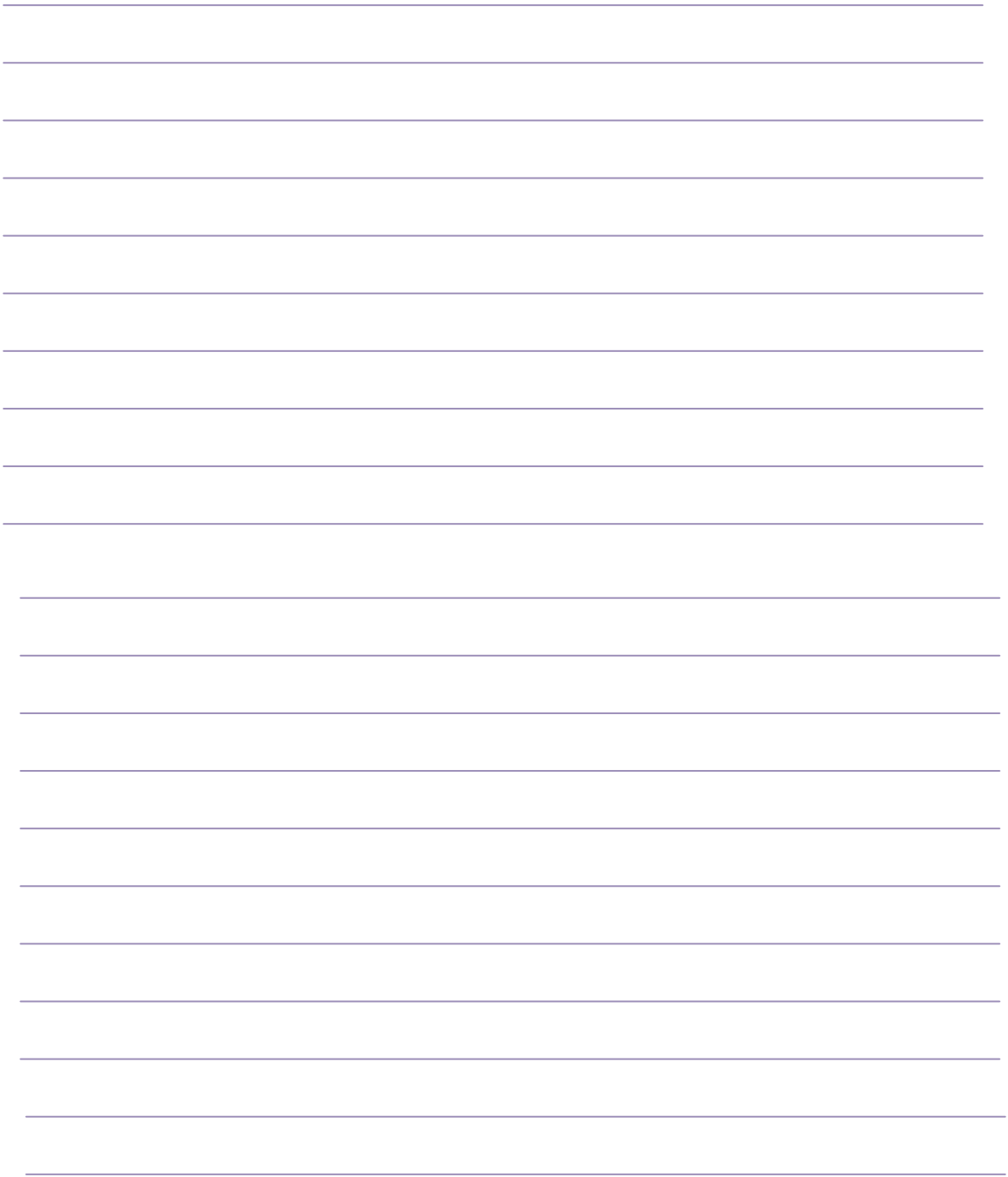
Think about your emotional tool kit in this exercise. But here are some examples.

Example: I have a bottle of wine every night because it helps me relax and escape my problems.

Reframe: I need a clear head to face and deal with the tasks ahead and the wine only causes me to have a muggy head and my health is impacted in the process.

Example: I say yes to everybody because if I let people down they may not love/like/accept me any more.

Reframe: This puts additional pressure on me, causes me stress and results in me neglecting important things in my own life such as family, work and my own wellbeing.



About me

Words People I trust use to describe me

Words I use to describe myself

Who's Voice is this ?

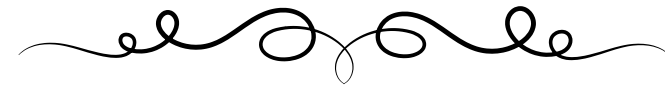
Follow your dreams and don't give up!

Resource Area

Within your resource section, you'll discover:

- Trauma Timeline Template
- Regulation demonstration videos
- Mediation recordings

Utilize these tools from the resources to elevate the impact of your journaling prompts, and remember to revisit them daily.



**“Daily Consistency Is Key to
Consistent Results.”**