

#UNHARMABLE

Module 1 Exercises: Origins of Core False Beliefs

If trauma has led us to walk around with a sense of brokenness, then we naturally turn to things outside ourselves to try to fix that feeling of brokenness. The trouble is, if we've allowed the trauma response to get buried in our subconscious, then it begins to run the show. The trauma defines us and colors all our experiences. We come to believe that we are, fundamentally, victims. Let me be clear: This does not mean that we weren't victimized when the trauma happened. I'm not saying that the trauma you underwent was your responsibility, or your fault. Not at all. What I am saying is that, because of the trauma, we can sometimes take on the *identity* of a victim. We can sometimes start believing and saying things like "I am a victim," which only concretizes this into our consciousness.

Releasing Statement

I honor and release my painful past.

Affirming Statement

I am strong and resilient.

Simple Meditation Practice

This section's meditation is a meditation using sound. Choose a place where you can be alone. For this meditation, we invite you to sit or lie down. Find an inspirational or meditative song you enjoy or find one that uses singing bowls or sound healing. This is an opportunity to connect with yourself through the music. Simply allow yourself to really "feel" the music. Of course, there is no wrong way to do this, so trust what is happening. Once the song has ended, sit in silence for at least one minute, then write about your experience.

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2. Identifying Your Trauma Process: Now choose ONE of the traumatic events that you have experienced. Only go as deep as you feel comfortable in this moment. If you have had multiple or severe traumatic experiences, you may want to ask someone you trust to be present with you as you do this. Write out your answers to these questions:

- In what ways are you aware that you may have locked trauma in your body?

- What emotions, pain or suffering might be stuck there?

- What effect has that had on you?

- What is the connection between these feelings and your life challenges?

- In what ways are you noticing any desire to avoid or escape from these feelings?

- What would it be like to get some support for yourself as you explore this?

3. Trauma and the Unconscious Method: Write out the answers to these questions and discuss with a partner (if you're in a group):

- In what ways have the traumas you have experienced left you feeling broken?

- Have you created a "safety zone" or "comfort zone" to try to protect yourself?

- How has that worked *for you*?

- How has that worked *against* you?

- What would happen if you were to move out of your comfort zone?

- How might you go about doing that?

4. Victim Consciousness Technique: Get with a partner if you're in a group (or share with a trusted friend) and discuss your answers. Write out your answers to the following questions:

- In what ways have you taken on the identity of a victim?

- In what ways has this left you feeling powerless and hopeless?

- How has this impacted your life?

"Addiction in its simplest form is trying to fix something that feels broken inside by turning to solutions on the outside."

- What does this quote mean to you?

- What problem is this trying to solve?

- What would happen if you were to let go of the belief that you are broken?

5. Healing from Trauma Activity: Think of a situation that is currently challenging for you. Sit with it for a moment and notice what comes up. Write out your answers to the following questions and share with a partner (if you're in a group) or reread them if you are alone:

- What are your thoughts about the situation?

- What are the feelings associated with it?

- What "stories" do you notice about the situation?

- Do the “stories” you are telling yourself include any thoughts of blame? If so, please write some examples.

- In what ways do you feel resentful toward anyone regarding this?

- What would it be like to view the “story” without blame and resentment?

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Questions for journaling and further reflection:

1. Have you had any unresolved trauma that has contributed to your challenges?
2. What would happen if you were to let go of that unresolved pain?
3. Have you or someone close to you ever experienced trauma?
4. What impact has it had on you?
5. Have you ever used a strategy (something outside of yourself) to counter that?
6. Did the strategies work the way you had hoped?
7. In what ways are they still working? Not working?
8. In what ways have you identified yourself as a victim?
9. What effect has that had on you and your relationships?
10. How can you create a space of safety to explore these issues and begin to heal from your traumas?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

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