

DAY 1

WHAT WE GET WRONG ABOUT EMOTIONAL PAIN AND TRAUMA

1.

MYTH: IF YOU IGNORE THE PAIN, IT'LL_____

TRUTH:EMOTIONAL PAIN IS THE BODY'S WAY OF
_____ AND IT WILL GET
LOUDER UNTIL WE LISTEN

1. What are the more subtle ways I may still be still fighting, stuffing, ignoring, or judging my emotions?

2. What's one challenging emotional response I have that can be reframed? What signal is my body trying to give me through that response?

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3. How do I typically deal with emotional intensity? What strategies do I use? How can I honor how it helped me survive?

4. What's one small step I can take towards feeling my emotions and empathizing with myself?

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2.

MYTH: YOU'RE CRAZY - IT'S ALL IN YOUR ____

TRUTH: EMOTIONAL PAIN HAS VERY REAL MANIFESTATIONS

1. What are the ways I've been consciously/unconsciously thinking of myself as crazy, irrational, or invalidating my emotions?

2. What have I had to do to adjust to our current society/culture? How may this have helped or not helped my healing?

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3. What physical or somatic issues do I experience regularly? How may this be related to my emotional pain?

4. What's one next step I can take to honor what my body is going through and/or better support my body?

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3.

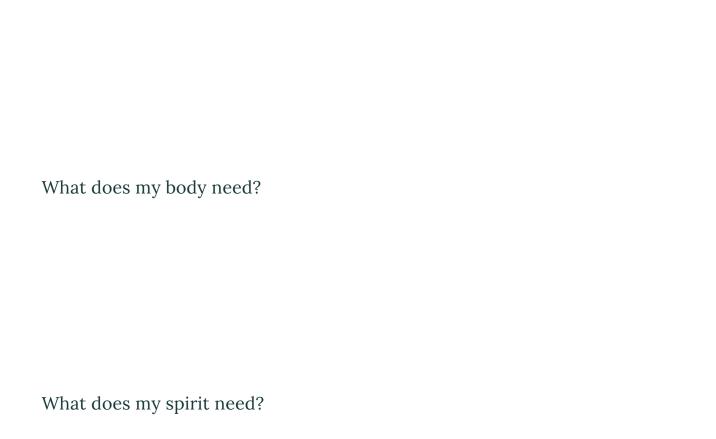
MYTH: IF YOU JUST FIND THE RIGHT ANSWER/
METHOD/THERAPY/TOOL, IT WILL FIX IT ALL
TRUTH:WE NEED MORE THAN ONE
TO HEAL

1. What was/am I looking to as the "answer"? In what ways has this helped or hindered me?

2. What are some ingredients in my recipe for better emotional health? When and how can I make time for these things?

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3. What does my mind/emotional self need?



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4.

MYTH: YOU CAN ONLY _____, YOU CAN'T CHANGE WHAT YOU'RE EXPERIENCING TRUTH: ____ OUR PAIN, PAVES THE PATH FOR US ALL

1. When was the last time I was in manage/maintain mode? What was/is my experience like?

2. What has helped me move beyond just maintaining?

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3. Look at the common messages we're told about emotional wellbeing from society (shown below).

Consider: Which do I most relate to or what other messages have kept me stuck? Dig into this – where did this messaging come from?

- We believe it can't get any better or we fear what's on the other side of change
- We believe the lie that we're broken beyond repair (being seen as the 'problem' or believing we're just a [bad/lazy/etc.] kind of person)
- We need an expert to tell us what we need and how to solve the problem
- We're not worthy of being helped, supported
- ullet Our sensitivities are a danger/hindrance rather than a gift

4. What's one small step I can take towards transforming my pain into wisdom?

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5.

MYTH: YOU NEED AN _____ TO FIX YOU TRUTH: IT TAKES A VILLAGE, BUT YOU ARE YOUR BEST _____

1. Who have been the people that have helped me the most? In which ways did they best support me/contribute to my life?

2. When have I last listened to my intuition? What has it told me?

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3. When I hear the phrase "I am my own best medicine" – what comes to mind?

Check Your Inbox Tomorrow For Part 2!

TOOLS FOR EMOTIONAL CLARITY:

2 METHODS FOR UNCOVERING THE MULTIPLE ROOTS TO OUR PAIN AND MULTIPLE PARTS OF WHO WE ARE



GET CLEAR ON THE ROOT CAUSES OF EMOTIONAL PAIN



BECOME ACQUAINTED WITH THE PARTS OF YOU THAT ARE KEEPING YOU STUCK AND WHAT TO DO WITH THEM



GET BACK IN TOUCH WITH YOUR UNDERLYING NEEDS AND DESIRES

