



Address the Trauma of Childhood Still Impacting You Today

Identify What Drives Your Repeating Patterns and Take Charge of Your Life

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Workshop 7 Exercise

HEALING

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Personal Exercise

HEAL CHILDHOOD WOUNDS

Part I

Identify a hurtful theme you experienced growing up:

Remember an incident of this theme and describe it below. Be as descriptive of the event as you can, including how you felt - imagine how you felt or could have felt if you were not aware of your feelings:



Part II

What do you make of your experience? Why do you think this happened? What was happening for your caretaker? What's their story that informed how they parented you? Understanding that we are not condoning what happened and are not happy about this treatment, do you understand how it could have happened?

Part III

The less-than-perfect-parenting you received had an impact on how you informed your Self – how you grew up, your personality, the way you operate and relate.

Capture here how you have been impacted:

Natural Characteristics of the Child	Dysfunctional Survival Characteristics (defenses)	Core Difficulties (symptoms) DESCRIBE HOW YOU DO THESE:
Valuable	Less-than or Better-than	Difficulties expressing appropriate self-esteem levels
Vulnerable	Too vulnerable or Invulnerable	Difficulties setting appropriate boundaries
Imperfect	Bad / rebellious or Good / perfect	Difficulties owning and expressing one's own reality
Dependent/ Needing/ Wanting	Too dependent or Antidependent / needless / wantless	Difficulties taking care of one's adult needs and wants
Immature	Extremely Immature (chaotic) or Overmature (controlling)	Difficulties experiencing and expressing one's reality moderately



Part IV

Pick one of the Core Symptoms above to address:

List 3 actions you can take, or behaviors you'll implement, this next month to start resolving this symptom... Make your actions specific, measurable, appropriate / mindful / intentional, and relevant:

1) _____

2) _____

3) _____

STOP

Part V

Get comfortable in your chair. Feel your body in the present and physical space.

Get grounded. Take a few deep-cleansing breaths, getting more and more relaxed in your body and mind.

Imagine yourself as a little kid between the ages of 3 and 5...

Witness a moment of pain...

Witness your experience...

Witness what you know or imagine you would have wanted instead of what you received... Sit with the pain and disappointment of not getting that.

Imagine you turn around and see another adult there, coming to your rescue...

This adult is your Future Self traveling back in time to take care of you...

What does this version of you do? How do they protect you? What do they give you?

Imagine you get all the protection, care, attention, affection and love you always desired, knowingly and unknowingly...

You finally receive the utmost unconditional love...

Sit and bask in this love... Let the love seep into every cell in your body... Into every molecule of your Being... Relish being cherished... Know you are Magnificent...

Sit with this Knowing...



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