

Chapter 10 Exercise

1. Grounding Through Sensory Awareness

Purpose: To help manage emotional overwhelm and bring focus to the present moment.

Instructions:

- Sit in a quiet space and focus on your breathing.
- Identify:
 - 5 things you can see,
 - 4 things you can touch,
 - 3 things you can hear,
 - 2 things you can smell, and
 - 1 thing you can taste.
- Write about how this exercise made you feel and note any differences in your emotional state afterward.

Chapter 10 Worksheet

Worksheet 2: Reframing Negative Beliefs

Purpose: To challenge and reframe limiting beliefs rooted in trauma.

Instructions:

- Write down negative beliefs you hold about yourself (e.g., "I am unlovable").
- Identify the origin of each belief. Where do you think it came from?
- Reframe each belief into a positive, empowering statement (e.g., "I am worthy of love and connection").
- Use the space provided to write a journal about how adopting these new beliefs could impact your healing journey.

| Negative Belief | Origin | Reframed Belief |
|----------------------------------|-------------------|---|
| Example: "I can't trust anyone." | Childhood neglect | "I am learning to trust safe, supportive people." |