1. What does a sense of safety mean to you? Describe a time or place where you felt completely safe. How can you incorporate more of that				
feeling into your life right now?				

2. Reflect on a When did you										
perception?	JUSC	HOLICE	16,	апа	11000	1145	16	Snapea	your	5e() -

<ol> <li>Write all emotions, did you res</li> </ol>	thoughts,			
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4. Reflect on a relationship in your life. How has your experience with CPTSD influenced your interactions with this person? What steps could					
you take to improve trust or communication?					

### 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:
  - o 5 things you can see,
  - 4 things you can touch,
  - o 3 things you can hear,
  - o 2 things you can smell, and
  - o 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	Childhood	"I am learning to trust safe,
trust anyone."	neglect	supportive people."