

## **Chapter 1**

### **Understanding Childhood Trauma**

#### **Weekly Theme:**

Recognizing how childhood trauma impacts our lives

*“Trauma is not what happens to us. It's what we hold inside in the absence of an empathetic witness.” – Peter Levine*

### **Weekly Affirmations:**

- I am worthy of healing.
- I have the strength to face my past.
- My trauma does not define me.

### **Weekly Gratitude Checks:**

- Each day, list three things you are grateful for.
- Each day, reflect on one positive aspect of your childhood.
- Each day, acknowledge your progress, no matter how small.

### **Weekly Progress Tracker:**

- How connected do you feel to your past? (1-10 scale)

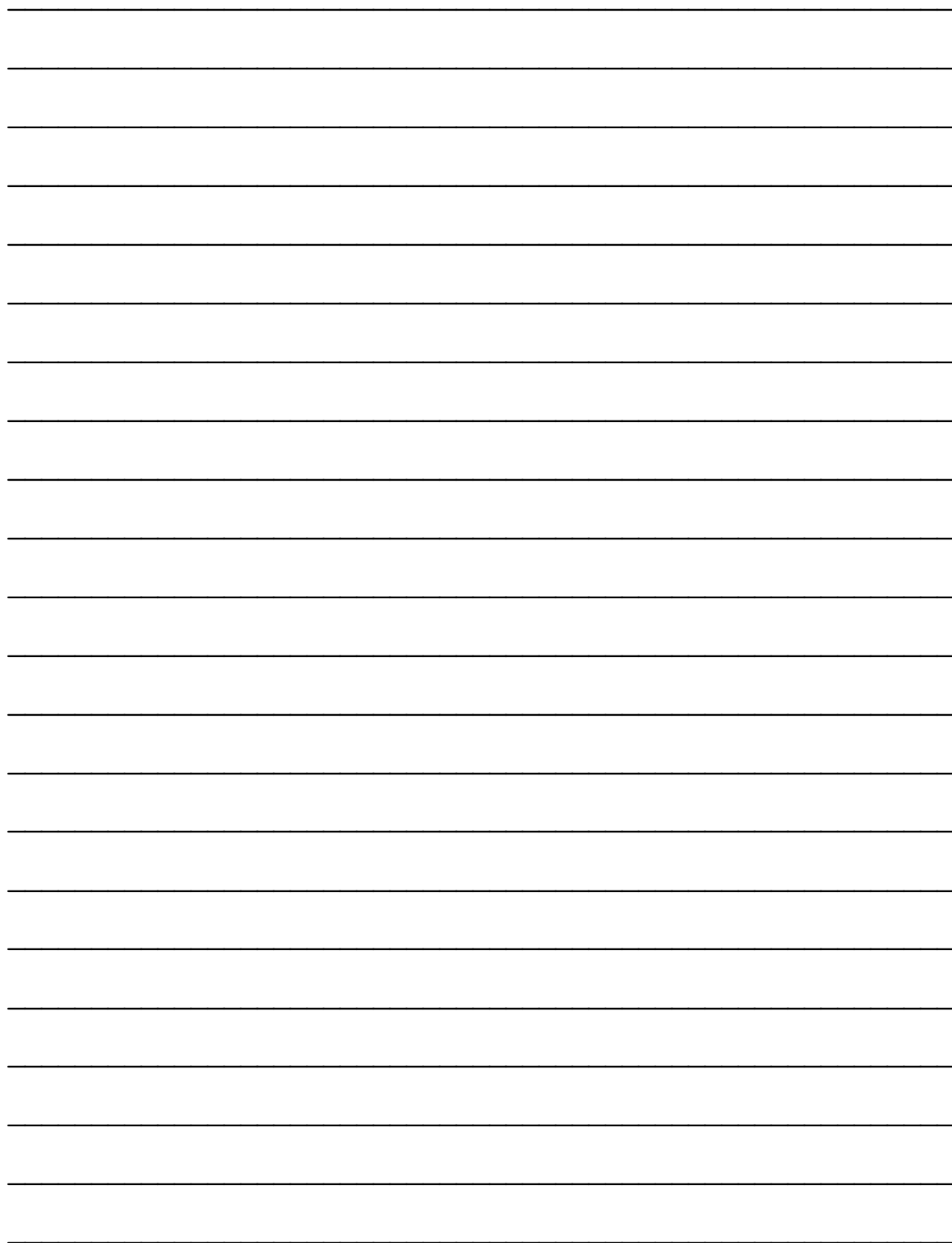
### **Weekly Exercises:**

- Create a life map or timeline of significant childhood events, both positive and negative.
- Write a letter to your younger self, acknowledging your pain.

Journal Week 1 Day 1

Reflect on your childhood. What are some key memories that stand out to you? Do you think these experiences have shaped your adult life?

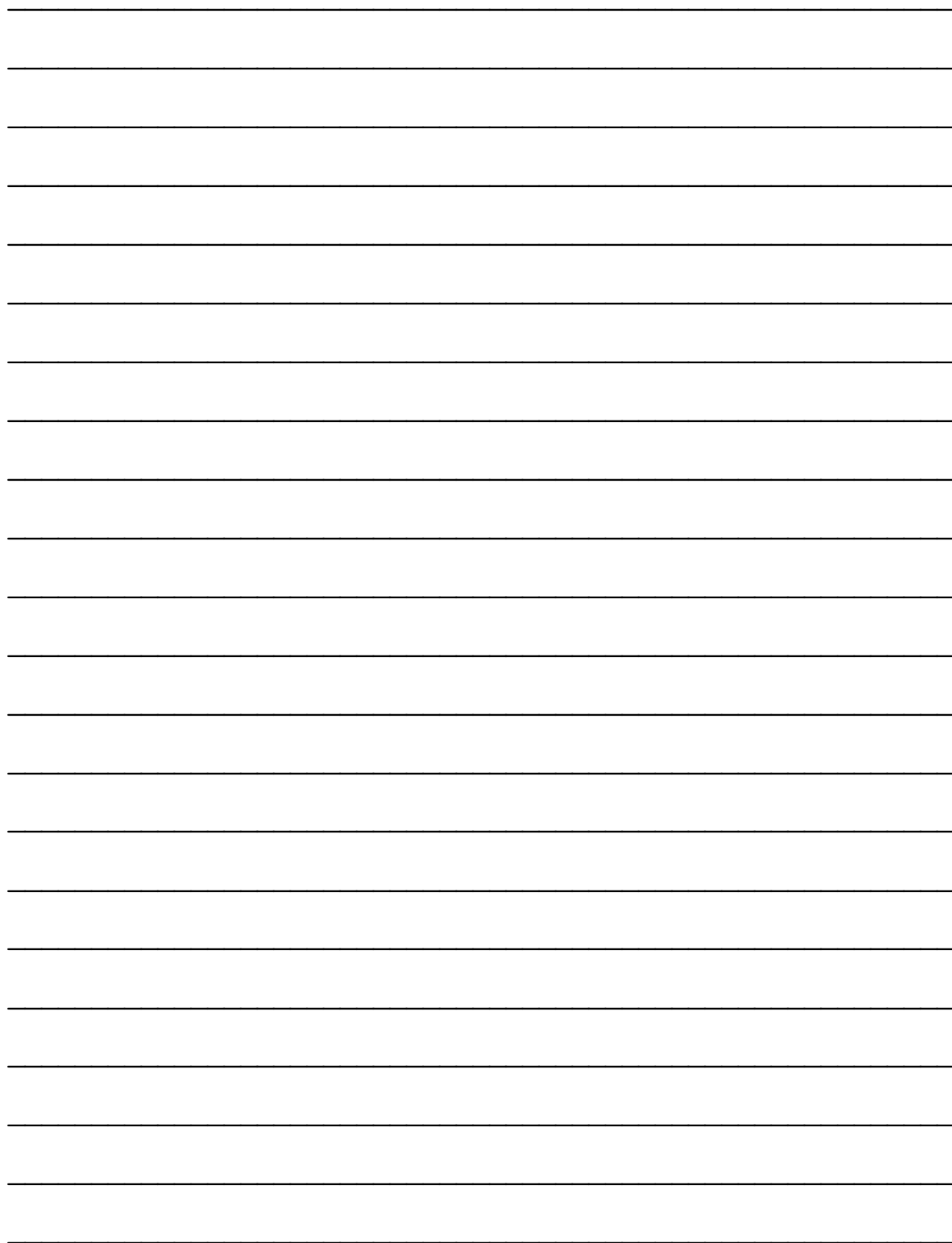
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Journal Week 1 Day 2

How would you define trauma in your own words? And do you think you have carried this in your life?

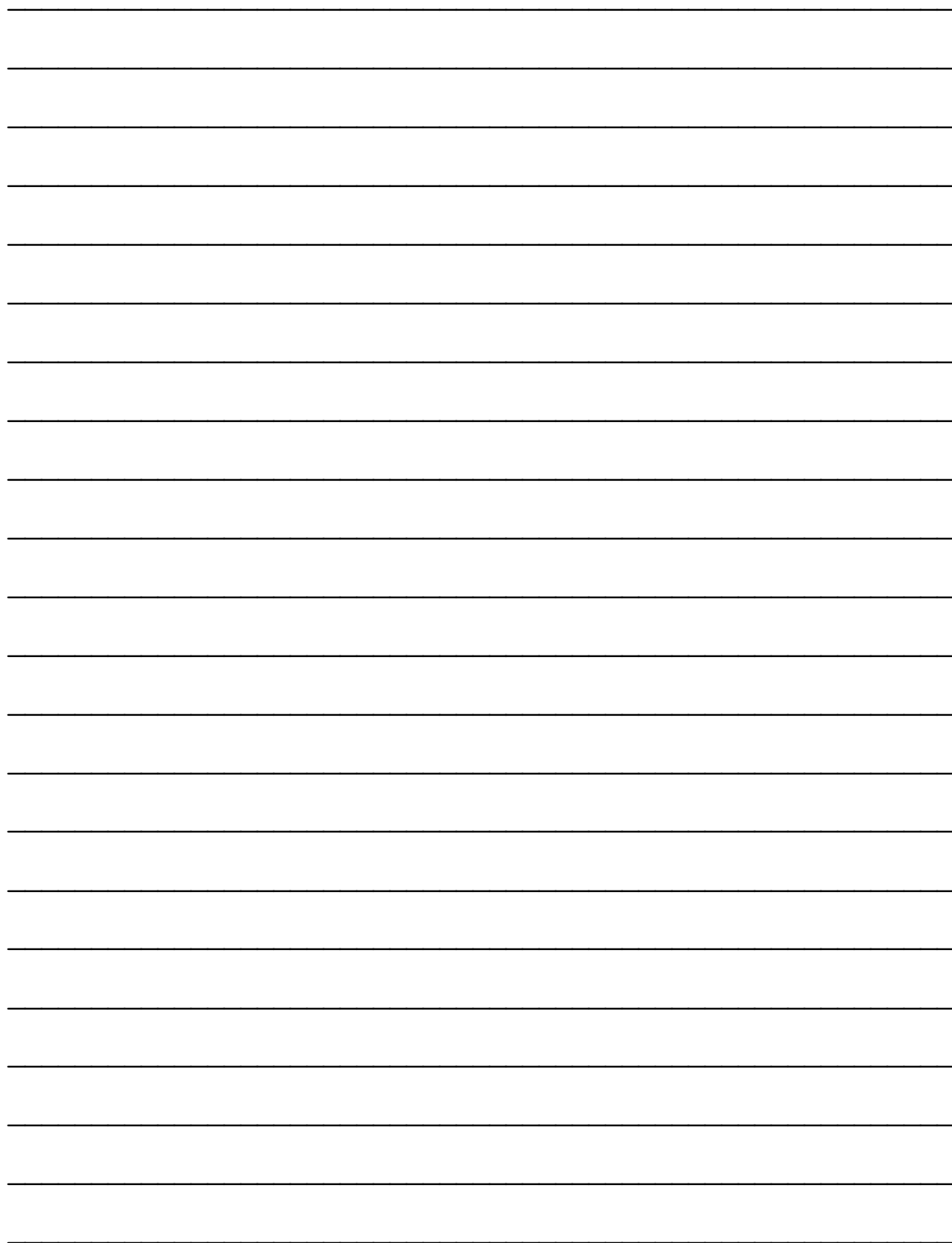
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Journal Week 1 Day 3

What behaviors or patterns in your life can be connected with past trauma?

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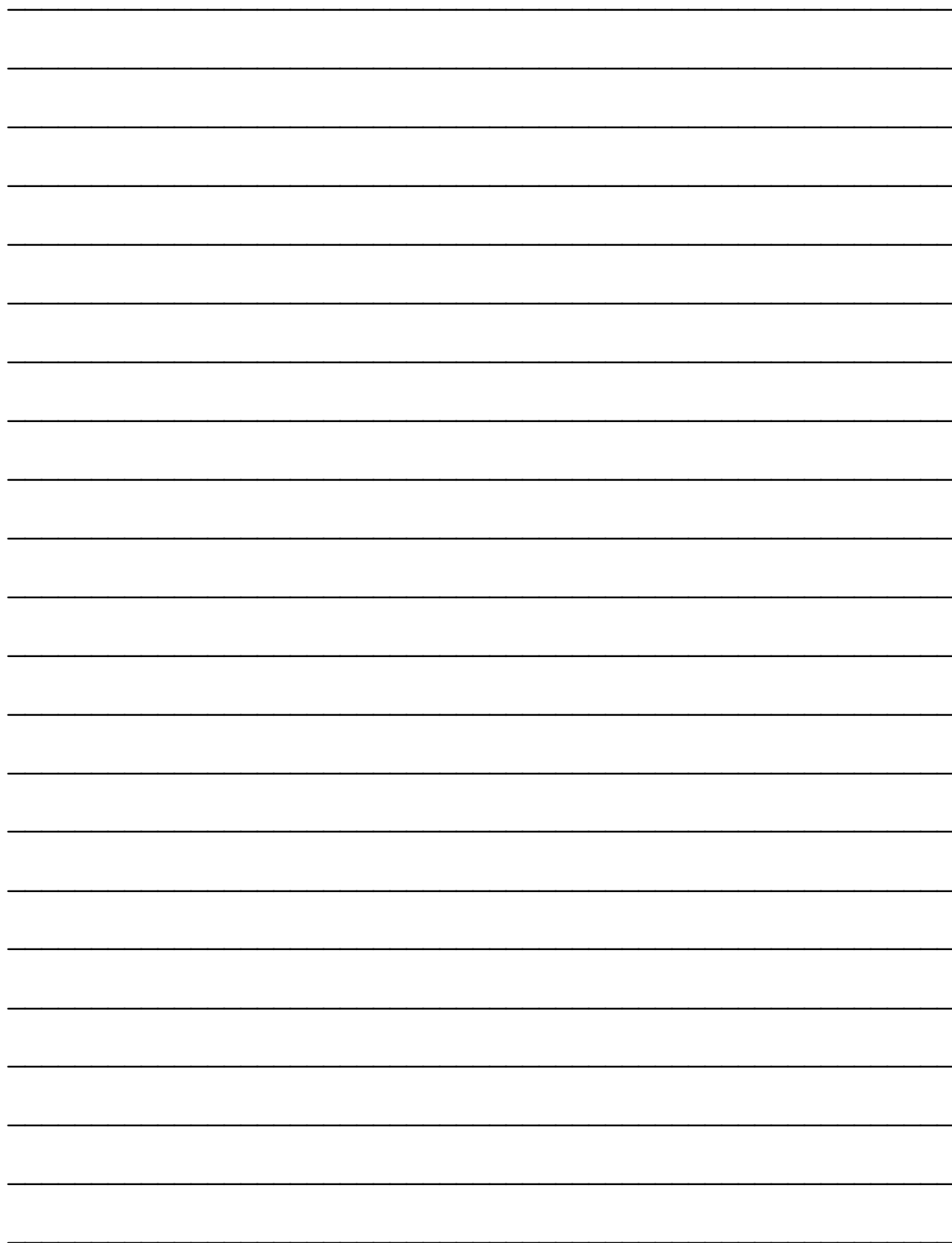




Journal Week 1 Day 4

Does trauma affect your current relationships, your work, or your personal well-being?

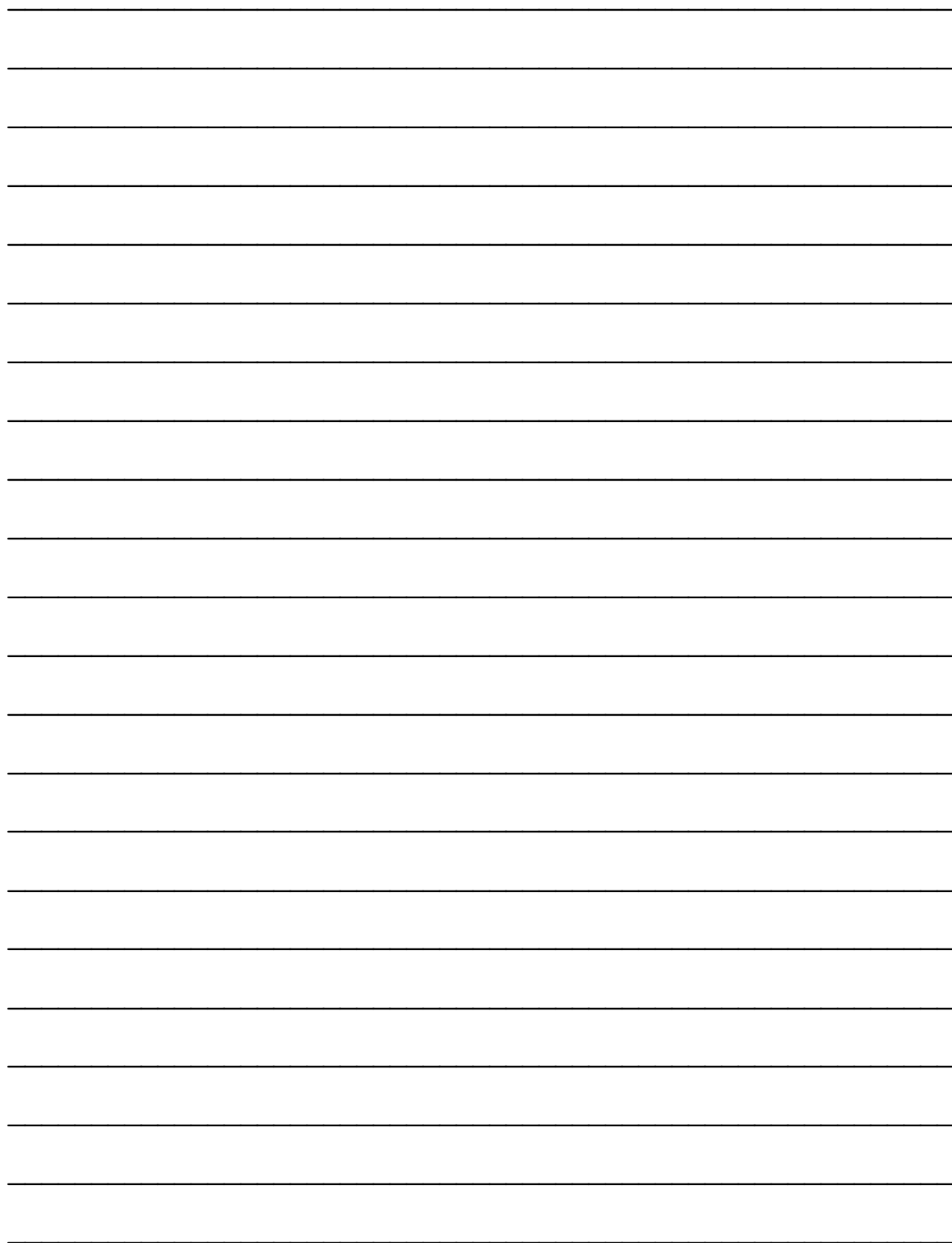
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Journal Week 1 Day 5

What does healing from childhood trauma look like for you?  
And what would it feel like to let go of the pain from your  
past?

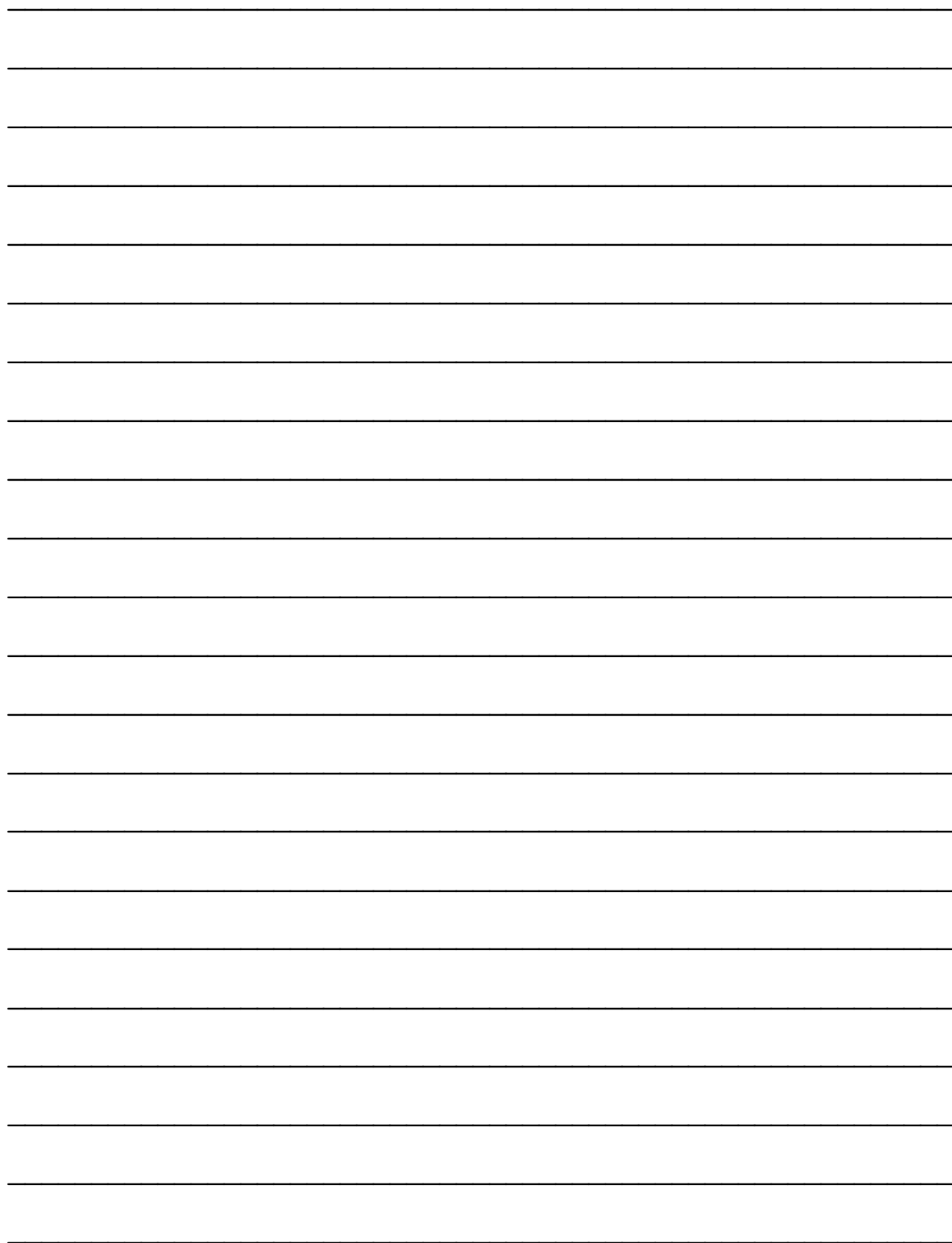
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Journal Week 1 Day 6

Have you ever tried to ignore your past trauma? And did that actually help or hurt you in the long run?

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Journal Week 1 Day 7

Can you remember a time when you felt completely safe?  
How can you bring that sense of safety to your healing  
process right now?

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