1. If you could go back in time, what would be the one thing you would most want to change about your childhood?			

. What will be	e most difficult to	discuss duri	ng your heal	ing journey

3. Were there times in your childhood when you internalized feelings of shame or guilt? Do you think this shaped the way you view yourself today?					

4. One of my favorite songs is entitled "Dear Younger Me", which is about being able to talk to our younger self. If you could do that, what would you say to yourself?					

### Chapter 1 Exercise

When my husband was working through his childhood trauma, he decided to create what he called "A life map." He drew every year he could remember on paper with the corresponding months. He then attached his memories to the correct date on the map. It looked like this:

1978 Jan Feb Mar April May June July Aug Sep Oct Nov Dec Event Event Event Event Event Event

Under each of the months, he would place events that were attached to what he believed were trauma. It helped him to recall what was in his subconscious memory. Maybe you could do the same. You can call it your trauma timeline.

### Chapter 1 Worksheet

One of the hardest things to do is to recall those memories of pain and abuse. It is difficult for those just starting their healing journey, much less to talk about. On the worksheet below, identify the areas of trauma you have been exposed to. If you can, write how that impacted you.

ACE Event	Your Reflection on the event
Physical	
Abuse	
Emotional	
Abuse	
Sexual Abuse	
Physical	
Neglect	
Emotional	
Neglect	
Mental Illness	
in Family	
Parents'	
Divorce	
Substance Use	
in the Home	
Domestic	
Violence	
Loved One	
Incarcerated	
Bullying	
Other	