

## HEALING PAST WOUNDS

Resources – <https://youtu.be/Om8iTgqzCW>, <http://ideapod.com> and [Abandonment Anxiety: Overcoming Fear of Love - YouTube](#)

### 1. Introduction

- Working on Inner Child or Younger-Self healing is a process.
- It will bring out uncomfortable emotions of anger, shame, guilt and pain.
- We will have to work through the stages of the grief process.
- The goal is to start voicing the needs of the younger-self which is still not being met.

### 2. The Inner Child/Younger-Self

- Every person has an inner child/younger-self.
- We live what we experienced. How were you wounded and what patterns did you learn to survive?
- Physical or emotional withdrawal or abandonment or silent treatment or ignoring or rejection will cause damage to the younger-self.
- Shaming, criticizing, blaming, guilt, teasing, bullying, laughing, belittling, manipulation, betrayal, invalidation of feelings, abandonment and other things can cause deep rooted emotional wounds in our younger-selves. We grow older but those memories are still a part of us and will impact our lives.

### 3. Indications that the younger-self is wounded and needs healing or the acknowledgements of emotional wounds:

- Struggling to get calm after being triggered.
- Tendency to react badly when triggered.
- Appearing like an angry or rude person
- Feelings of sadness, irritation, frustration or anger.
- Low self-esteem
- Difficult with emotional regulation
- Fight or flight reactions
- Low motivation
- Fear of failure
- Abandonment anxiety
- Generalized anxiety
- Internalization of caregiver coping and interpersonal behaviours
- Fear of rejection or abandonment
- Grief

- Needing to be in control
- Inability to trust
- Over-responsibility
- Depression and Anxiety
- Perfectionism
- High tolerance for inappropriate behaviour (co-dependent relationships/ enabling)
- Neglecting own needs – people pleaser
- Impulsivity
- Development of an inauthentic/false-self
- Envious and critical
- Cannot deal with disappointment or making mistakes
- Overly conforming
- Denies or hides feelings or passive aggressiveness'
- Overdeveloped parental scrips
- Always pretends to be strong
- Distrusting
- Controls/withdraws
- Acts out prior relationships – projecting
- Pushing people away or objectifying people
- When problems in a relationship arise you either go overly clinging or smothering out of fear the person will leave you or you withdraw and give up early and say you don't care.

#### **4. Practical tips to heal the younger-self**

##### **4.1 Be in dialog with yourself**

Interview your younger-self

Explore and ask questions

##### **4.2 Writing letters**

The letters are not for others to read but for your own healing.

We can write letters to reflect feelings we had in the past and to express feelings we still carry.

We can write a letter to the parent we have/had.

We can write a letter to the younger-self when the trauma was experienced.

We can write a letter to the past you, the current you and the future you.

We can write letters to people that we are angry at or traumatized us.

Write a letter of encouragement to the younger-self to heal or to feel confident.

#### **4.3 Explore imprinted negative beliefs about yourself**

Replace negative beliefs with more realistic beliefs.

“I feel that I am completely alone.” – “I am enough”

“Nobody cares” – “I care about myself and there are others that care too”

#### **4.4 Arts, crafts, play, dance, poetry ..**

Use different ways to explore and express your emotions.

#### **4.5 Rest and enjoyment**

Making time to relax and to have some activities to enjoy.

#### **4.6 Guided inner child meditation**

[https://youtu.be/\\_dTtHriNik?si=eKYyZWHOJBpxCn98](https://youtu.be/_dTtHriNik?si=eKYyZWHOJBpxCn98)

#### **5. Managing triggers (resource [www.healthline.com](http://www.healthline.com) and PsychCentral)**

Triggers are sensory reminders that cause painful memories or certain symptoms to resurface. A trigger refers to something that affects your emotional state, often significantly, by causing extreme overwhelm or distress. A trigger affects your ability to remain present in the moment. It may bring up specific thought patterns or influence your behaviour.

The reaction of the person being triggered may come to a surprise to others because the response seems out of proportion to the stimulus. This is because the person is reliving the original trauma.

#### **Tips in dealing with triggers (Resource PsychCentral)**

Do the halting protocol by answering the following:

- Right now, I am feeling ..... (scared, angry, anxious, panicky, sad, etc.).
- I am sensing in my body ..... (shaking, sweating...)
- I am remembering ..... (the traumatic experience or time ...)
- I am here at ..... (current location)

- I can spot ..... (5 objects)
- I know that .... (the trauma) is not happening now.
- I am safe

## **6. BETRAYAL TRAUMA**

- If you were or you are in a relationship or marriage where someone has damaged your trust through backstabbing, infidelity, pornography or sex addictions or not prioritizing the relationship with you, you are likely to feel betrayed.
- It's normal to feel hurt, sad, anger, distrust, fear, confusion and other emotions.
- The most important healing tip is to accept that betrayal is NOT YOUR FAULT!!!!
- The person who caused the betrayal trauma made the decision to lie, cheat .... It was that person's choice and responsibility.
- Your age, weight, beauty, wrinkles or anything about your personality or weaknesses have nothing to do with the choices to bad behaviour.
- To heal you need to acknowledge the hurt and take steps towards healing.

## **7. FEAR OF REJECTION/ABANDONMENT WOUND**

### **7.1 How you can typically be triggered:**

- Change in someone's behaviour
- Not getting constant reassurance from a person
- The other person's relationships feel threatening
- Hypervigilant to rejection and disconnection
- Criticism from the person
- Unexplained time apart
- Failure

### **7.2 Roots of a fear of rejection/abandonment**

- Triggering relationships, you have been exposed to such as the:  
Abandoner: unpredictable, unstable, unavailable  
Abuser: untrustworthy, unsafe  
Depriver: detached, withholding  
Devastator: judgmental, rejecting, critical  
Critic: critical, Narcissistic
- Caregivers who have been inconsistently or unpredictably physically or emotionally present.
- Death of a parent, parent who was away for long periods of time which was not probably explained to the child.

- Emotional unavailable caregivers due to their own depression, relationship problems or work commitments.
- Neglect of basic needs or emotional needs or safety needs.
- Poor family fit/black-sheep
- Trauma that ruptures the relationship with the primary caregiver.
- The parent introduces a new toxic spouse which cause trauma and the child feels unprotected.
- As a child you were restricted to express your feelings and opinions. In the adulthood it is difficult for the person to connect on an emotional level and express ideas, opinions and feelings.
- Absence of a secure attachment with a caregiver. A secure attachment is where a child can seek comfort from a caregiver. Child is upset when the parent leave but happy when the parent return. The child learns to trust others and know they will respond to their needs. They try new things and if they fail the parent will assist. They can adapt to new situations and deal with stress. They have accurate expectations of others.
- Avoidant attachment with a caregiver is where a child has learned to depend less on the caregiver for security. The child shows little response when the caregiver leaves or returns. The child learned not to depend on a caregiver for comfort, connection or security.
- Ambivalent attachments are when the caregiver acts inconsistent and chaotic. The child will be anxious and afraid to try or explore new things. The child will be clingy and demanding to try to get a response. Upset when the caregiver leaves and when returns the child will be inconsolable.

### **7.3 Healing tips**

- Explore what caused these fears of abandonment in your childhood?
- Think of how you reacted as a child when you felt abandoned? Was it helpful and if I behave the same today is it still helpful?
- When you have a relationship crisis – What triggers or causes your fears now? How are your reactions helpful or unhelpful?
- Try to think logical about your situation.  
How likely is it that the person will leave?  
What is the evidence that the person will leave?
- Accept that some things/hurts are part of your life story and you need to identify the triggers and regulate your reactions.
- Take a standpoint that you will not let your past hurts destroy your future.
- Explore the situation which happened for instance did Mom reject you or was she caught up in her own failed marriage.
- Avoid thinking in extremes “every person will reject me” rather some relationships will not work out but relationships can work.
- Connections with people are important. Accept in relationships there will be problems and conflict. Development of healthy problem resolution is important which start with the believe we can work through stuff.

- When you recognize you overreacted ask yourself – does this stem from my past experiences or is this a normal reaction.
- Explore better reactions to conflict and problems in relationships.
- Explore unhealthy beliefs such as “when someone criticize me they will abandon me”. Reframe it “People can criticize me and it doesn’t mean they will leave me” ..