

Stepping Stones to Healing and Thriving

Step 1

THE MIND

Healing From The Lies of Child Abuse



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WELCOME



Welcome to a crucial part of your healing journey. Here, we'll reflect on the four basic lies that often take root during traumatic childhood experiences: the beliefs that the abuse was your fault, that you are unworthy and unlovable, that you are shameful, and that you are powerless.

Understanding these lies can be a powerful step toward reclaiming your truth and transforming your self-perception.

Let's unpack these and kick them to the curb together!

Follow the workbook at your own pace keeping in mind your nervous system capacity.

Please note that this program is designed to supplement working with a trauma-educated mental health professional.



About the Process

Here is what this workbook can support you in doing:

- Identify how these four lies may have influenced your past and present choices.
- Offer a safe space for acknowledging these beliefs without judgment.
- Encourage insights that lead to a more authentic and empowered self.
- Create an Action Plan for supporting new truths

Understanding the Lies

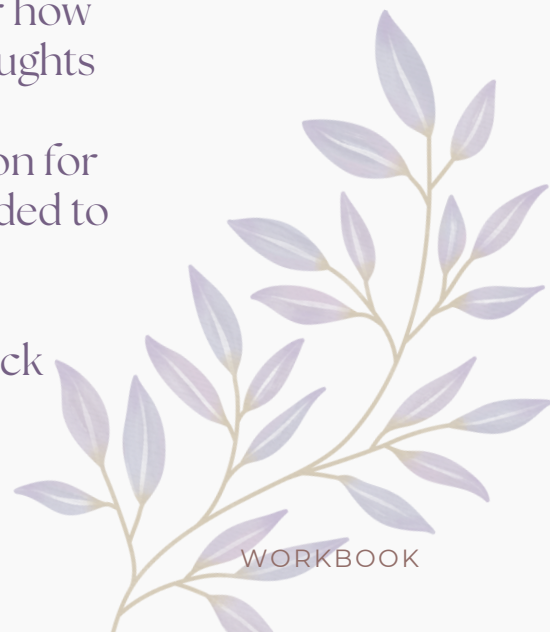
Take a moment to reflect on each of the four basic lies:

- The Abuse is My Fault *Blame* (ie: Why didn't I say No?)
- I Am Unworthy and Unlovable (ie: No one protected me)
- I Am Shameful (ie: I must be a bad person)
- I Am Powerless (ie: I didn't stop it, didn't fight hard enough)

Use the following journal space to consider how these lies might have appeared in your thoughts or behaviours over time.

This understanding will serve as a foundation for your deeper exploration and the work needed to overcome them.

Take your time and pace yourself, or go back and forth as needed.




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In recognizing
the lies
we begin to
set ourselves
free.

What's Ahead

MODULE 1 UNDERSTAND

Reflect, Acknowledge, Understand

1. Discovering the lies
2. Tracing influences
3. The impact on your relationships
4. New realizations

MODULE 2 REBUILD

Challenging the Four Lies of Abuse

1. Lie 1: The Abuse is My Fault (Blame)
2. Lie 2: I Am Unworthy and Unlovable
3. Lie 3: I Am Shameful
4. Lie 4: I Am Powerless

MODULE 3 INTEGRATE

Steps for Healing

1. Reclaiming Your Story
2. The Wall of Worth
3. The Shame Release Box
4. Reclaiming your Voice
5. Guided Imagery Exercises

Module 1

Understand

Laying the Foundation

Healing begins with
Awareness

Discovering the Lies

These distorted beliefs, rooted in the trauma of abuse, can profoundly affect a survivor's ability to lead a fulfilling life. Recognizing and addressing these beliefs through supportive therapies and interventions is crucial in helping survivors rebuild a sense of control and self-worth.

Write about when you first learned or considered that these beliefs might not be absolute truths—how did that feel? How did recognizing these as false beliefs impact you emotionally and mentally? Where did you feel this in your body? What words come to your head?

Allow yourself to explore both the initial shock and the possible relief that might come with this realization.

This is a journey through your past perceptions toward a clearer, more compassionate self-view.

Use this space and the next page to journal

Date _____

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Tracing Influences

Reflect on how these four lies have played a role behind your choices, decisions, and ways of interacting with the world.

Here's an example of how each lie may impact behaviours and feelings in some real-life situations:

Blame:

- **Decision:** Choosing not to pursue a promotion or new job opportunity because of a deep-seated belief that past failures (possibly perceived as one's fault due to abuse) will repeat themselves.
- **Is this true for you?** In social or work conflicts, you automatically assume responsibility and apologize, even when not at fault, because you have an internalized belief that you are always to blame.

Shame:

- **Decision:** Avoiding social events or family gatherings due to a feeling of shame about one's background or personal history, fearing judgment or pity from others.
- **Is this true for you?** When receiving compliments or achievements, downplaying or rejecting them because of a belief that you are not worthy of such praise because of feelings of shame.

Unworthiness and Unlovableness:

- **Decision:** Staying in an unhealthy or unfulfilling relationship solely because of the belief that one doesn't deserve better or that no one else could love them.
- **Is this true for you?** Difficulty expressing needs or desires in relationships leads to unmet needs and resentment because of the belief that your needs are not important or not worthy of being met.

Powerlessness:

- **Decision:** Not voting or engaging in various activities because of a feeling that one's input or efforts won't make a difference, stemming from a history of feeling powerless.
- **Is this true for you?** When choices are presented, letting others make decisions without expressing a personal preference results in a life that feels shaped more by others than by yourself.

Think about specific decisions and interactions. How might these lies have influenced your behaviour or feelings then? Try to approach this exploration with curiosity rather than self-criticism. Document what it feels like when you see the connection.

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Tracing Influences

Consider the impact of these beliefs on your relationships. How have they shaped the way you view others and your expectations in friendships, family, and romantic partnerships, as well as with colleagues?

re The Lies and Your Relationships

There are general impacts, like in communication, repetition of abuse cycles, and with interpersonal skill development. Others many include:

Blame:

- *Feel you must maintain peace at all costs*
- *Tendency to be co-dependant, submissive or overly cautious*
- *Hypervigilant to other's needs at the cost of not meeting your own*
- *Avoidance of taking risks*

Shame:

- *Hiding their true selves, fearing judgment and abandonment*
- *Expect others will think less of them if they know the "truth," leading to superficial or guarded relationships that lack deep connection*
- *Project insecurities leading to misunderstandings and misinterpretation of innocent comments*

Unworthiness and Unlovableness:

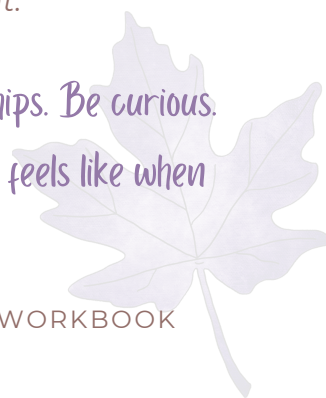
- *Settling for less than you deserve and tolerating neglectful, abusive, or disrespectful behaviour.*
- *The belief that you must earn love and approval through actions, not because of who you are*
- *Overcompensate by excessively giving, sacrificing own needs to gain approval and acceptance.*
- *Fear of abandonment may cause a reluctance to discuss issues in relationships, which stifles growth and leads to resentment.*

Powerlessness:

- *Passiveness by allowing others to make decisions for you, failing to assert your needs, or not expressing your opinions.*
- *Hesitancy to establish and maintain boundaries, feeling you don't have the right to say No*
- *Dependence on others for decision-making, chronic emotional support, and validation can strain relationships and limit personal development.*

Spend time pondering possible ways the four lies may appear in your relationships. Be curious.

This exercise is designed for curiosity and self-awareness. Document what it feels like when you see this in yourself.



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Patterns to Recognize



Repeating Cycles:

Staying in cycles of unsatisfactory or harmful relationships because they feel familiar and confirm the existing four core beliefs about yourself.

Avoidance of Authenticity:

Avoiding true intimacy by not sharing personal feelings or past experiences, which prevents the development of deeper connections.



Rescuing or Fixing Others:

Forming relationships where you feel needed or where you can take care of someone else, often as a way to feel valued.

Common Strategies

You may notice in this 9-Step program that Mindfulness, Self-Awareness, and Grounding strategies are recommended for most, if not all, in

Stepping Stones to Healing and Thriving.

This is because a large part of the challenge is being disconnected from feelings and emotions, which makes us who we are.

I had to do a lot of work on this myself, and I will always have to practice slowing down and being fully present (mindful and self-aware) because I've spent many decades not being so - too busy being busy.

I had learned to be avoidant of them, to fear them.

I learned to neglect them.

Only through my own trauma recovery did I learn the value of emotions and feelings.

Getting in touch with and making friends with them, and practicing mindfulness, have taught me to appreciate who I am and my worth - they are linked together.

I wish for you to experience the same growth and healing. You deserve to feel free and experience joy and purpose every day of your life.

Mindfulness and Body Awareness Practices

Mindful Breathing:

Regularly practice mindful breathing exercises to center yourself and become more present in the moment.

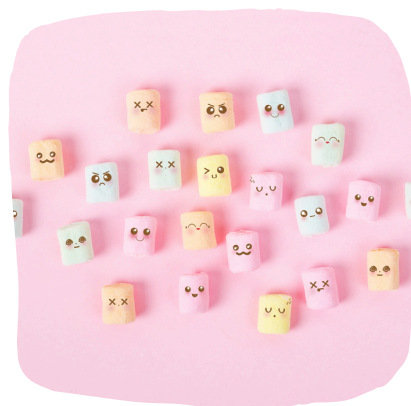


Body Scanning:

Engage in body scanning to notice any physical sensations that arise when you think about or interact with others. Physical cues can be indicators of deeper emotional patterns.

Emotional Labeling:

When you feel a strong emotion, take a moment to label it and consider what belief might be underpinning it. This practice can help you step back and evaluate whether your response is based on current reality or past mistruths.



These activities aim to enhance self-awareness and provide new frameworks for thinking about and engaging in relationships. Over time, they can help you break old patterns and form healthier interactions based on truth and self-respect rather than the distorted beliefs rooted in past trauma.

REFLECTION



Daily Entries

Regularly document your daily interactions and feelings, focusing on moments where you felt blame, shame, unworthiness, or powerlessness.

Identify Patterns

After a few weeks, review your entries to identify patterns. Look for repeated emotions, reactions, and types of interactions that seem to reinforce the mistruths you've internalized.

Question the Truth

For each identified pattern, ask yourself: "What belief is driving this reaction? Is this belief true? How might I respond differently if I didn't hold this belief?"

If you're feeling overwhelmed and need extra support, please know you're not alone. You're always welcome to book a 1:1 session with me—I'm here for you."

Module 2

Rebuild

Challenging the lies and
adopting new truths about
yourself

Challenge the Lies

Now that you are clear about the four lies and how these subconscious beliefs have impacted so much of your life, we will delve deeper and create practices that counter these lies. This is how new neural pathways are formed.

Healing requires forming new neural pathways that support new ways of thinking and being. Instead of focusing on the lies, we need to speak the truth to ourselves and behave as if these beliefs are true. This pairing of words and actions supports this shift/transition.

It takes consistency, perseverance, patience, understanding, and time. Doing this with a lot of gentleness and compassion is important because there may be resistance to new ways of thinking and being.

What can you say to yourself and how can you act in order to believe these truths? Please use the following pages.



Spend time reflecting after doing the activities for countering each lie. Document what you're noticing. If needed, print of more Notes Pages.

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Activities to Reinforce your Lovableness and Worthiness



Creative Expression:

Through painting, sculpture, music, or dance, individuals can express themselves and their histories in ways that affirm their resilience and worth. Creative expression can also foster a sense of achievement and self-appreciation, enhancing feelings of being deserving and lovable. Try something out!

Volunteering and Helping Others:

Engaging in volunteer work or community service can boost self-esteem and foster a sense of purpose and connection. Helping others can affirm your value and effectiveness in the world. It really helps to see that you can make a difference in someone's life. Are you up to this? Where can you volunteer?



Peer Support Groups:

Joining peer support groups where survivors share experiences and coping strategies can be incredibly affirming. It provides a sense of community and belonging, which is essential for those who may feel isolated by their experiences. In these groups, members often find validation and empathy from others who understand their struggles, reinforcing their own sense of worth and livability.

We love to see you at the KC 2 support groups.

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Activities to Uncover the Shame and Offer Compassion to it.



Educational Workshops on Trauma:

Attending workshops that educate about the dynamics of abuse and trauma can be empowering. Understanding the psychological and physiological effects of trauma can help survivors externalize the shame they might have internalized, recognizing that their feelings and reactions are normal responses to abnormal events.

Self-Compassion Exercises:

Practices that foster self-compassion, such as guided meditations, journaling focused on self-kindness, and compassion-focused therapy exercises, can be very helpful. These activities encourage a gentle and understanding approach to one's self and experiences, countering feelings of shame with kindness and acceptance.



Testimonial Therapy:

This involves writing or verbally sharing your trauma narrative in a supportive environment, which can be therapeutic. It helps by validating your experience and shifts the perception of blame and shame from yourself to the perpetrator.

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Activities to Help Reinforce the Truth: Abuse Wasn't Your Fault



Writing Letters to or Converse with Your Younger Self:

Using kind, understanding, and compassionate language to yourself at the age you were abused encourages a nurturing and safe environment for expression and support. Gently affirm that the abuse was not your fault. Sit with the feelings that are evoked and simply notice. Validate what happened.

Role-Playing Exercises:

In therapy or safe support groups, role-playing can help survivors articulate responses to abusive scenarios or confront an imaginary abuser. This can help shift their perspective from self-blame to placing responsibility on the perpetrator.



Reading and Sharing Survivor Stories:

Hearing or reading testimonies from other survivors who have recognized that the abuse was not their fault can be incredibly affirming. It can also reduce feelings of isolation and self-blame.

This image shows a single page from a notebook or ledger. It features a series of evenly spaced, light gray horizontal lines running across the width of the page. The background is a solid off-white color. There are no margins, text, or other markings present on the page.

Activities to Help Feel Empowered



Mindfulness Practices:

1. Mindful Walking: Feel each step, the texture of the ground under your feet, the rhythm of your pace, and the surrounding sounds and sights.
2. Mindful Eating: Pay full attention to the experience of eating and drinking. Focus on the textures, flavors, smells, and sensations of eating. Eat slowly and savor each bite.

These increase self-awareness and a sense of agency.

Goal Setting & Achievement:

Write down the times you accomplished or reached a goal. This reinforces your ability to effect change in your life. Achieving these goals helps build a sense of efficacy and personal power.

Celebrate all wins, even if only you notice the change of improvement.



Assertiveness Training:

Learn how to express your thoughts, feelings, and needs more effectively and assertively. This training helps you set boundaries and advocate for yourself, which reinforces your sense of agency. Learn and practice non-violent communication skills.

What Have You Noticed?

Please use this space to journal reflectively on this module and what you noticed as you debunked and worked on changing your beliefs to something more self-supportive and true regarding your sense of worth, blamelessness, sense of power, and reduction of shame.

Allow yourself to explore what this feels like - a journey through your past perceptions toward a clearer, more compassionate and honest self-view.

Use this space and the next page to journal

Date _____

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Module 3

Integrate

Adopting strategies that
build your sense of
empowerment and hope

Ways to Set Yourself Free!

This section invites you to not only challenge these lies but also to embrace and affirm your truth and inner strength. Each question is a step toward greater self-understanding and empowerment.

Healing takes time, and every insight, no matter how small, is a step forward on your path to recovery.

Here are activities designed to help dismantle the power of the four lies and can be an effective way to support healing and empowerment.

Each one is crafted to encourage reflection, expression, and growth.

Reclaiming Your Story

To challenge the lie that "The abuse is my fault."

Find a picture of yourself about the youngest age you remember being abused. Write a letter to your younger self from the perspective of a compassionate friend or mentor. In this letter:

- Validate the feelings and experiences of your younger self.
- Offer understanding and reassurance that the abuse was never your fault.
- Highlight the strength it took to endure and continue forward.
- Share what you see in that younger you, how proud you are, and that you're there now and that you know that the abuse wasn't their fault.







The Wall of Worth

To counter the lie that "I am unworthy and unlovable."

Create a "Wall of Worth."

Use a large poster or digital document to print off.

- Collect and display positive feedback, compliments, and achievements.
- Add personal affirmations and qualities that you value in yourself.
- Invite trusted friends or family members to contribute positive notes.
- Ask someone you trust to write you a letter outlining what they admire about you.



The Shame Release Box

To counter the lie that "I am shameful."

Make a "Shame Release Box."

- Write down shame-based thoughts or memories on pieces of paper.
- Place them in the box as a symbolic act of setting them aside.
- Periodically review the contents one at a time, preferably with a trauma-educated mental health professional, and notice where there is a physiological reaction to the words. Focus on the feelings/area of the body. Offer gentle validation and understanding words. Keep holding space. Offer compassionate language, and do so as long as the feeling is comfortable. Notice what happens when offering compassion and validation. Does the shame lessen?

Do this mental exercise when your nervous system feels ready.



Using Your Voice

To undermine the lie that "I am powerless."

Engage in public speaking or advocacy.

- Join a local group or online community where speaking out on personal experiences or important issues is encouraged.
- Participate in workshops that focus on developing public speaking or assertiveness skills.
- Start a blog or a vlog to share your thoughts and experiences in a controlled, empowered setting.



What Did You Notice?

Reclaiming Your Story | The Wall of Worth | The Shame
Release Box | Using Your Voice

Which ones did you find helpful? Which ones were challenging?
Why do you think that is?

What Did You Notice?

Reclaiming Your Story | The Wall of Worth | The Shame
Release Box | Using Your Voice

Which ones did you find helpful? Which ones were challenging?
Why do you think that is?

Action Steps

Use this page to write down what things you want to implement that underscores that **you are blameless for the abuse.**

How and when will you do so?

1

2

Action Steps

Use this page to write down what things
you want to implement and reinforce
that **you are worthy and lovable.**

How and when will you do so?

1

2

Action Steps

Use this page to write down what things you want to implement and supports that

the shame you feel isn't yours.

How and when will you do so?

1

2

Action Steps

Use this page to write down what things
you want to implement and underscores
that **you are powerful.**
How and when will do so?

1

2



I make mistakes
but
I am Not
a
Mistake

Forgiving Yourself

As shown, childhood trauma survivors often carry heavy burdens of shame, unwarranted guilt, and feelings of powerlessness and unworthiness. The thought of forgiving themselves for the abuse—whether it's not fighting the abuser hard enough, not stopping the abuse, not running away, or even for natural and uncontrollable bodily responses to sexual touching—can feel almost absurd. While intellectually, as an adult, you might know the abuse wasn't your fault, what do your inner core and heart truly say? Self-forgiveness is an essential step toward healing.

This kind of forgiveness isn't just a mental decision—it needs to be deeply felt. Embodied forgiveness often requires repeated efforts, because the body and mind need time to rewire, to let go of old beliefs, and to embrace new, self-supportive truths.

Forgiving yourself for something that was never your fault, especially for deeply wounding childhood experiences, involves recognizing your innocence, releasing misplaced guilt, and welcoming self-compassion.

Here are some ways to support this process:

Steps to Self-Forgiveness

Inner Child Visualilzation:

Visualize Your Younger Self: Imagine yourself as a young child. Picture the child vividly, including their appearance, emotions, and surroundings. Or look at a picture of you when you were about the age when the abuse began.

Engage in a Compassionate Dialogue:

- **Greet Your Younger Self:** Approach your younger self with warmth and kindness. Imagine kneeling down to their level and looking into their eyes.
- **Acknowledge Their Pain:** Speak to your younger self, acknowledging the pain and confusion they experienced. Say something like, "I know you went through something very difficult, and it wasn't your fault."
- **Offer Reassurance:** Reassure your younger self that they are loved and blameless. Say, "You were just a child, and you didn't deserve what happened. You are innocent and worthy of love."

Comfort and Embrace:

Visualize giving your younger self a gentle, comforting hug. Feel the connection and warmth between your current self and your younger self.

Release the Guilt:

Imagine dissolving any feelings of guilt or blame. Remind yourself the abuse was not your fault.

Bring Back to Present:

Slowly bring your awareness back to the present, carrying with you the sense of love and forgiveness for your younger self.



Regular Reflection and Adjustment

After engaging in these activities, it's beneficial for you to regularly reflect on your feelings and thoughts related to the four lies because these beliefs are deeply entrenched.

This can be done through journaling or discussions with a trauma-educated professional or support group, enabling continuous personal growth and adjustment of the activities to serve your healing journey better.

Date _____

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Evidence of Integration

THEN

Everything is my fault
(guilt & blame)

I am bad, a mistake, I'm
no good
(shame)

I'm not worthy of love and
respect
(unworthy & unlovable)

Why bother! Nothing seems
to ever go my way.
(powerlessness)

Name what else you struggled with below



NOW

The abuse isn't my fault. I've
done nothing wrong.

I am not a mistake. Everybody is
imperfect, and we all deserve to
be here and live without shame

I deserve to be loved
unconditionally. I see and feel
my value.

I feel my agency and I can use
my voice to get my needs met.



VS

What are you noticing about yourself?

Date _____

NOTES PAGE

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You have completed the section that
coincides with the slide
presentation- Healing from the Lies
of Child Abuse



Feel free to keep going.
Here are more tools and strategies to
help augment your Coping Strategies
Toolbox.

Affirmations Countering The Lies

Countering "I am unworthy and unlovable"

I have carried the weight of feeling unworthy for so long, but I was never meant to.

My worth has always been intact.

The way I was treated was never a reflection of my value. I was always lovable, even when I wasn't shown love.

I may not fully believe in my worth yet, and that's okay. I can take small steps toward seeing myself with kindness.

I belong in this world just as much as anyone else. My existence matters.



Countering "I am to blame"

I was a child, doing the best I could with what I had. The blame was never mine to carry.

It's understandable that I've blamed myself—it was a way to make sense of what happened. But I can release that burden now.

The responsibility belongs to those who hurt me. I can step out from under their shadow and into my own truth.

I did what I needed to survive. I don't have to judge myself for that—I can honor my resilience instead.

Affirmations Countering The Lies

Countering "I should be ashamed of myself"

The shame I feel was given to me by others, but I don't have to keep carrying it.

There is nothing shameful about surviving. I did what I needed to endure.

I am not defined by what happened to me. I am so much more than my past.

Even when shame tries to creep in, I can meet it with self-compassion. I deserve to exist without apology.



Countering "I am too powerless"

I didn't have control over what happened then, but I have choices now.

Every time I listen to myself with kindness, I reclaim a piece of my power.

I am not helpless. My strength is in my healing, in my voice, in the way I keep going.

Even when fear shows up, I am still moving forward. I am learning that I am safe to exist, to take up space, to be fully myself.

Guided Imagery Practice

The following guided imagery practices are designed with an IFS (Internal Family Systems) lens.

They involve parts work. If you are not familiar with parts work, you can think of it as inner child work or re-parenting the little wounded feelings or pieces of you that can use more unconditional love, care, kindness, gentleness, acceptance, compassion, etc. - basically all the things you wish you received from your significant parent or caregiver and didn't receive enough of to feel safe, loved, and protected.

It may help to record you reading them so you can listen and focus on the exercise.



Guided Imagery for Reclaiming Your Power

Find a quiet, comfortable place where you can sit or lie down without interruptions.

Close your eyes, take a few deep breaths, and allow your body to relax.

1. Establish a safe place

- Begin by imagining a safe, peaceful place. This could be a forest, a beach, a mountain cabin, or any other place where you feel completely secure and at ease.
- Take a moment to fully immerse yourself in this environment. Notice the sights, sounds, smells, and sensations that make this place feel safe and comforting.

2. Meeting the Protectors

- As you explore your safe space, you notice a path leading to a part of you that has been working hard to protect you. This part may appear as a strong guardian or a vigilant observer.
- Approach this protector with respect and curiosity. Ask it to share why it feels the need to protect and what it has been guarding against. Listen to its concerns and acknowledge its efforts. Thank it for working so hard.

3. Encountering the Powerless Parts

- Continue along the path and meet a part of you that feels powerless. This part might appear small, fragile, or withdrawn.
- Gently approach this part with compassion. Let it know that you are here to listen and support it. Allow this part to express its feelings of powerlessness, fear, and vulnerability.

4. Introducing the Self

- Imagine your core Self (you) stepping forward. This Self is calm, confident, compassionate, and wise. It embodies strength and empowerment.
- Reassure the protector that you are now capable of handling situations without feeling powerless. Thank the protector for its service and let it know it can relax.
- To the part that feels powerless, the Self/you offer comfort and validation. The Self tells this part that its feelings are understandable but reminds it that it is not alone and that together, you can reclaim your power.

5. Reclaiming Power

- Visualize a warm, radiant light or energy emanating from you, the Self, symbolizing your compassion and unconditional love. This light is strong, vibrant, and healing.
- Direct this light towards the part that feels powerless. As the light reaches this part, stay with it until you notice a shift/transformation. It starts to stand taller, becoming more confident and empowered. Allow time for this part to sense your love, acceptance, and compassion.
- When it is ready, imagine this part integrating the light into itself, or absorbing the strength and power that you, the Self is offering.

6. Healing and Integration

- Visualize the protector part also receiving this warm, empowering light. See it relaxing, knowing that it no longer has to work so hard because the Self is now in charge.
- Witness both parts—the protector and the previously powerless part—coming together in harmony, supported by the strength and wisdom of the Self.

7. Affirmation and Gratitude

- Have the Self speak affirmations to these parts: "You are strong. You are capable. You are worthy of power and respect."
- Express gratitude to each part for their willingness to protect and for their openness to healing and transformation.

8. Returning to the Present

- Gradually bring your awareness back to your physical surroundings. Feel the ground beneath you and take a few deep breaths.
- When you're ready, open your eyes, carrying with you the feelings of empowerment and integration from your imagery.

Follow-Up

Regularly practicing this guided imagery can help reinforce the sense of reclaiming your power and strengthen the positive relationships between you (Self) and your parts. Consider journaling about your experience after each session to capture insights and track your progress.

For doing the next step or for deeper work, consider doing this and other parts work in conjunction with me, as I am an IFS-Informed Trauma & Resilience Specialist.

Guided Imagery for Compassionately Releasing Shame

Find a quiet, comfortable place where you can sit or lie down without interruptions.
Close your eyes, take a few deep breaths, and allow your body to relax.

1. Establish a safe place

- Begin by imagining a safe, peaceful place. This could be a forest, a beach, a mountain cabin, or any other place where you feel completely secure and at ease.
- Take a moment to fully immerse yourself in this environment. Notice the sights, sounds, smells, and sensations that make this place feel safe and comforting.

2. Meeting the Protectors

- As you explore your safe space, you notice a path leading to a part of you that has been working hard to protect you from feeling shame. This part may appear as a vigilant guardian or a strict overseer.
- Approach this protector with respect and curiosity. Ask it to share why it feels the need to protect you from the shame and what it has been guarding against. Listen to its concerns and acknowledge its efforts. Ask what is it afraid will happen if it doesn't do its job.

3. Encountering the Exiled Parts

- Ask the protector if it wouldn't mind stepping aside while you continue along the path and meet a part of you that carries the burden of shame from childhood trauma. This part might appear as a younger version of yourself, feeling small, sad, or scared.
- Gently approach this part with compassion. Let it know that you are here to listen and support it. Allow this part to express its feelings of shame, fear, and sadness.

4. Introducing the Self

- Imagine your core Self stepping forward. This Self is calm, confident, compassionate, and wise. It embodies strength and healing.
- Have the Self reassure the protector that you are now capable of handling the feelings of shame. Thank the protector for its service and let it know it can relax.
- To the part carrying the shame, you, the Self, offers compassion, comfort and validation. The Self tells this part that its feelings are understandable but reminds it that it was not responsible for the trauma and that the shame does not belong to it. Hold space while that part processes this truth.

5. Releasing the Shame

- Visualize a warm, healing light or energy emanating from the Self. This light is gentle, soothing, and purifying.
- Direct this towards the part carrying the shame. As the light reaches this part, hold space while it senses your accepting presence. It may wish to release the heavy burden of shame. Ask the part what it would like to do with the shame. Keep offering compassion and understanding.
- Imagine this part absorbing the healing light, transforming into a state of wholeness and self-acceptance.

6. Healing and Integration

- Visualize the protector part also receiving this warm, healing light. See it relaxing, knowing that the Self is now in charge and that it no longer has to work so hard.
- Witness both parts—the protector and the previously shamed part—coming together in harmony, supported by the compassion and strength of the Self.

7. Affirmation and Gratitude

- If these parts are comfortable, have the Self speak affirmations to these parts: "You are worthy. You are lovable. You are free from shame, and I love, accept, and appreciate you."
- Express gratitude to each part for their willingness to protect and for their openness to healing and transformation.

8. Returning to the Present

- Gradually bring your awareness back to your physical surroundings. Feel the ground beneath you and take a few deep breaths.
- When you're ready, open your eyes, carrying with you the feelings of empowerment and integration from your imagery.

Follow-Up

Regularly practicing this guided imagery can help reinforce the sense of reclaiming your power and strengthen the positive relationships between your internal parts. Consider journaling about your experience after each session to capture insights and track your progress. For deeper work, consider doing this and other parts work in conjunction with me, as I am an IFS-informed Trauma & Resilience Specialist



Guided Imagery for Building Your Value and Lovableness

Find a quiet, comfortable place where you can sit or lie down without interruptions.

Close your eyes, take a few deep breaths, and allow your body to relax.

1. Establish a safe place

- Begin by imagining a safe, peaceful place. This could be a forest, a beach, a mountain cabin, or any other place where you feel completely secure and at ease.
- Take a moment to fully immerse yourself in this environment. Notice the sights, sounds, smells, and sensations that make this place feel safe and comforting.

2. Meeting the Protectors

- As you explore your safe space, you notice a part of you that has been working hard to protect you from feeling vulnerable. This part may appear as a vigilant guardian or a strict overseer.
- Approach this protector with respect and curiosity. Ask it to share why it feels the need to protect you and what it has been guarding against. Listen to its concerns and acknowledge its efforts.

3. Encountering the Exiled Parts

- Ask if it is willing to step aside so you can connect with the part of you that carries feelings of unworthiness and unlovableness. This part might appear as a younger version of yourself, feeling sad, hurt, or withdrawn.
- Hold space for this part with compassion. Let it know that you are here to listen, validate, and support it. Allow this part to express its feelings of unworthiness and unlovableness. Stay with this part and say, I hear you, as long as it needs.

4. Introducing the Self

- Imagine your core Self (you) stepping forward. This Self is calm, confident, compassionate, and wise. It embodies strength and healing.
- Have the Self reassure the protector that you are now capable of handling feelings of vulnerability. Thank the protector for its service and let it know it can relax. Wait if needed until it can relax.
- To the part carrying feelings of unworthiness, offer it comfort and validation. Tell this part that its feelings are understandable and remind it that you see it as inherently worthy and lovable - you unconditionally love it.

5. **Accepting Self-Worth and Lovableness**

- If these feelings of unworthiness/unlovableness are willing, ask if it is comfortable with you sitting by it. See if it senses your unconditional love and compassion.
- Direct this compassion towards the part feeling unworthy and unlovable. Continue to hold compassionate space and notice if it begins to accept your love and or your self-energy. Notice if there is a shift with this part. Is it accepting your warmth and love? Is there a sense of worthiness growing? Keep validating and offering compassion and comfort.
- Imagine this part absorbing your love, allowing the feelings of self-worth and lovableness to permeate every part of its being.

6. **Healing and Integration**

- Visualize the protector part, also receiving this unconditional love and acceptance. See it relaxing, knowing that the Self is now in charge and that it no longer has to work so hard.
- Offer the opportunity for both parts—the protector and the previously shamed part—to come together in harmony, supported by the compassion and strength of the Self.

7. **Affirmation and Gratitude**

- If these parts are comfortable, have the Self speak affirmations to these parts: "You are worthy. You are lovable. You are free from shame, and I love, accept, and appreciate you. I see you and love you just as you are."
- Express gratitude to each part for their willingness to protect and for their openness to healing and transformation.

8. **Returning to the Present**

- Gradually bring your awareness back to your physical surroundings. Feel the ground beneath you and take a few deep breaths.
- When you're ready, open your eyes, carrying with you the feelings of empowerment and integration from your imagery.

Follow-Up

Regularly practicing this guided imagery can help reinforce the sense of reclaiming your power and strengthen the positive relationships between your internal parts. You want to build trust between your wounded parts and you. Therefore, building this relationship will take time. Consider journaling about your experience after each session to capture insights and track your progress. For deeper work, consider doing this and other parts work in conjunction with me, as I am an IFS-informed Trauma & Resilience Specialist.

Guided Imagery for Compassionately Releasing Self-Blame



Find a quiet, comfortable place where you can sit or lie down without interruptions.
Close your eyes, take a few deep breaths, and allow your body to relax.

1. Establish a safe place

- Begin by imagining a safe, peaceful place. This could be a forest, a beach, a mountain cabin, or any other place where you feel completely secure and at ease.
- Take a moment to fully immerse yourself in this environment. Notice the sights, sounds, smells, and sensations that make this place feel safe and comforting.

2. Meeting the Protectors

- As you explore your safe space, you notice a path leading to a part of you that has been working hard to protect you from feeling shame. This part may appear as a vigilant guardian or a strict overseer.
- Approach this protector with respect and curiosity. Ask it to share why it feels the need to protect you and what it has been guarding against. Listen to its concerns and acknowledge its efforts.

3. Encountering the Exiled Parts

- Continue along the path and meet a part of you that carries the burden of shame from childhood trauma. This part might appear as a younger version of yourself, feeling small, sad, or scared.
- Gently approach this part with compassion. Let it know that you are here to listen and support it. Allow this part to express its feelings of shame, fear, and sadness.

4. Introducing the Self

- Imagine your core Self stepping forward. This Self is calm, confident, compassionate, and wise. It embodies strength and healing.
- Have the Self reassure the protector that you are now capable of handling the feelings of shame. Thank the protector for its service and let it know it can relax.
- To the part carrying the shame, the Self offers compassion, comfort and validation. The Self tells this part that its feelings are understandable but reminds it that it was not responsible for the trauma and that the shame does not belong to it. Hold space while that part processes this truth.

5. Releasing the Shame

- Visualize a warm, healing light emanating from the Self. This light is gentle, soothing, and purifying.
- Direct this light towards the part carrying the shame. As the light reaches this part, stay there and hold space while it begins to release the heavy burden of shame. Ask the part what it would like to do with the shame. Keep offering compassion and understanding.
- Imagine this part absorbing the healing light, transforming into a state of wholeness and self-acceptance.

6. Healing and Integration

- Visualize the protector part also receiving this warm, healing light. See it relaxing, knowing that the Self is now in charge and that it no longer has to work so hard.
- Witness both parts—the protector and the previously shamed part—coming together in harmony, supported by the compassion and strength of the Self.

7. Affirmation and Gratitude

- If these parts are comfortable, have the Self speak affirmations to these parts: "You are worthy. You are lovable. You are free from shame, and I love, accept, and appreciate you."
- Express gratitude to each part for their willingness to protect and for their openness to healing and transformation.

8. Returning to the Present

- Gradually bring your awareness back to your physical surroundings. Feel the ground beneath you and take a few deep breaths.
- When you're ready, open your eyes, carrying with you the feelings of empowerment and integration from your imagery.

Follow-Up

Regularly practicing this guided imagery can help reinforce the sense of reclaiming your power and strengthen the positive relationships between you and your internal parts. Consider journaling about your experience after each session to capture insights and track your progress. For deeper work, consider doing this and other parts work in conjunction with me, as I am an IFS-informed Trauma Recovery Coach.

REFLECTION



What have you noticed about yourself when practicing
guided imagery exercises?

How is your nervous system feeling?

What is happening to the old lies, the old core beliefs?

Use the following page to ink your thoughts.

Be Curious

Date _____

NOTES PAGE

[illegible]

Date _____

NOTES PAGE

[illegible]

Noticing when old beliefs Resurface

Compassionate Strategy

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Healing From the Lies of Child Abuse

Checklist

Releasing Blame

- ☐ Examine the evidence for and against your feelings of blame.
- ☐ Affirm that it is okay to make mistakes and that you are human.
- ☐ Reframe the situation with a more balanced perspective.
- ☐ Practice self-compassion and forgiveness.

Releasing toxic Shame

- ☐ Practice self-compassion.
- ☐ Challenge negative beliefs.
- ☐ Seek support and share your feelings.
- ☐ Engage in healthy activities.
- ☐ Use guided imagery or make an appt. with a coach
- ☐ Set boundaries and practice self-respect.
- ☐ Celebrate small victories!

Overcoming poor Self-Worth

- ☐ Recognize symptoms of low self-worth.
- ☐ Speak to yourself with kindness and understanding.
- ☐ Engage in positive activities.
- ☐ Visualize offering compassion to your younger self.
- ☐ Practice boundary-setting with those who undermine you.
- ☐ Reflect on changes over time.

Building Self-Agency

- ☐ Recognize the impact of trauma on your sense of agency.
- ☐ Practice making decisions, starting small and building up.
- ☐ Learn and practice assertiveness techniques.
- ☐ Practice self-compassion daily.
- ☐ Engage in empowering activities.
- ☐ Keep track of your progress.

Regularly using these checklists can help reinforce the process of building a sense of agency and power, promoting healing and self-compassion, and eventually shed the shame, blame, and belief of unworthiness.



Some Signs of Healing

1
You start noticing moments of self-kindness. Maybe you catch a self-critical thought and soften it, or you give yourself permission to rest without guilt.

You allow yourself to receive care. Accepting kindness from others—even in small ways, like a compliment or support—begins to feel less uncomfortable.

2
You start seeing your younger self with compassion. Instead of judgment, you begin to recognize that you were a child who did the best they could in a painful situation.

You feel less of a need to justify your pain. You no longer feel like you have to explain or convince anyone that what happened to you was real and unfair. You just know and that is enough.

3
You start seeing your younger self with compassion. Instead of judgment, you begin to recognize that you were a child who did the best they could in a painful situation.

You feel less of a need to justify your pain. You no longer feel like you have to explain or convince anyone that what happened to you was real and unfair. You just know and that is enough.

4
You recognize the choices you have now. Whether it's setting a boundary, asking for help, or even saying no without fear—you begin to see that you have options.

You trust yourself more. You start making decisions from a place of self-respect rather than fear, knowing you can handle what comes next.

Resources



Feel free to book a 1:1 coaching session with me if you're seeking additional support or need more clarity. If you're in the highest membership tier, you have one 1:1 session included. I encourage you to make the most of this valuable resource as you progress through the program.

A warm reminder to take advantage of the group support.



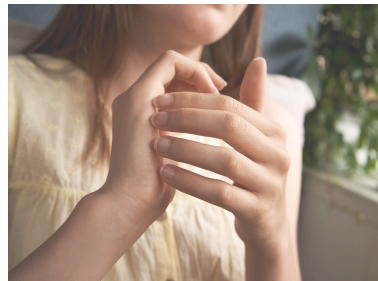
Jay Shetty Podcasts: On Purpose

<https://www.jayshetty.me/podcast>

EP 287, Dr Gabor Mate, Understanding Your Trauma and how to Heal Emotional Wounds....

EP 239, Oprah & Dr, Bruce Perry, Healing from Childhood Trauma and Becoming Self-Aware, Confident Adults

EP 391, Selena Gomez, Befriending your Inner Critic and How to Speak to Yourself with More Compassion



Feeling Stuck Tapping with Brad Yates

<https://www.youtube.com/watch?v=QwgqihjSFI>

Emotional freedom technique (EFT) is a method some people use to help manage emotions and troubling thoughts.

EFT is when you tap your fingertips on certain energy points on our face, hand, and upper torso - similar to acupuncture.



Suggested Reading

It Wasn't Your Fault
by Beverly Engel

What Happened to
You by Dr. Bruce Perry
and Oprah

Complex PTSD - From
Surviving to Thriving
by Pete Walker.

No Bad Parts by Dr.
Richard Schwartz

You did It!!!



It's an honour to work with you; please reach for extra support along your healing journey.

Remember that YOU matter.



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