

HEAL YESTERDAY'S TRAUMA

Toolkit



EXPLORE EIGHT HEALING EXERCISES FROM THE BOOK

Jennie Bayliss ♥

EIGHT HEALING EXERCISES

1. Writing a letter ~ beginning to forgive (from page 52)
2. Define your boundaries ~ who is where in your life? (from page 80)
3. No-one-may ~ a tool to help you define your boundaries (from page 82)
4. See who is in your dungeon ~ ready to let them go? (from page 109)
5. Name your masks ~ give it perhaps a ridiculous name? (from page 118)
6. Symptoms of chronic anxiety ~ how to spot the signs (from page 129)
7. Boosting your self-esteem ~ revel in your uniqueness (from page 143)
8. Healing a broken heart ~ see the bigger picture (from page 156)

Note: The 'from page' numbers, refer to the page numbers in the printed version of the book.

WRITING A LETTER ~ beginning to forgive

Writing a letter that will NOT be posted but addressed to the person who hurt you is often cathartic. Because it is addressed and written as if it were going to be read, it allows you to tell the person EXACTLY how you feel. It provides a space to write about how their actions and words have impacted your life.

As with all exercises, judge whether it feels right for you. If you decide to do this, write how you feel without editing or being polite. Let it all flow out and through you. When you have finished, keep the letter for a few days. Add to it if something else comes to mind. Read it repeatedly until you are satisfied that everything has been said. Then, pick a time to honour this process, and take your letter into a garden, park or any place where it is safe to burn it. As you watch the edges of the paper turn brown and the words curl up into the smoke, feel the power that person has had on you being released.

Need help figuring out how to start? Try something like this:

Bruce

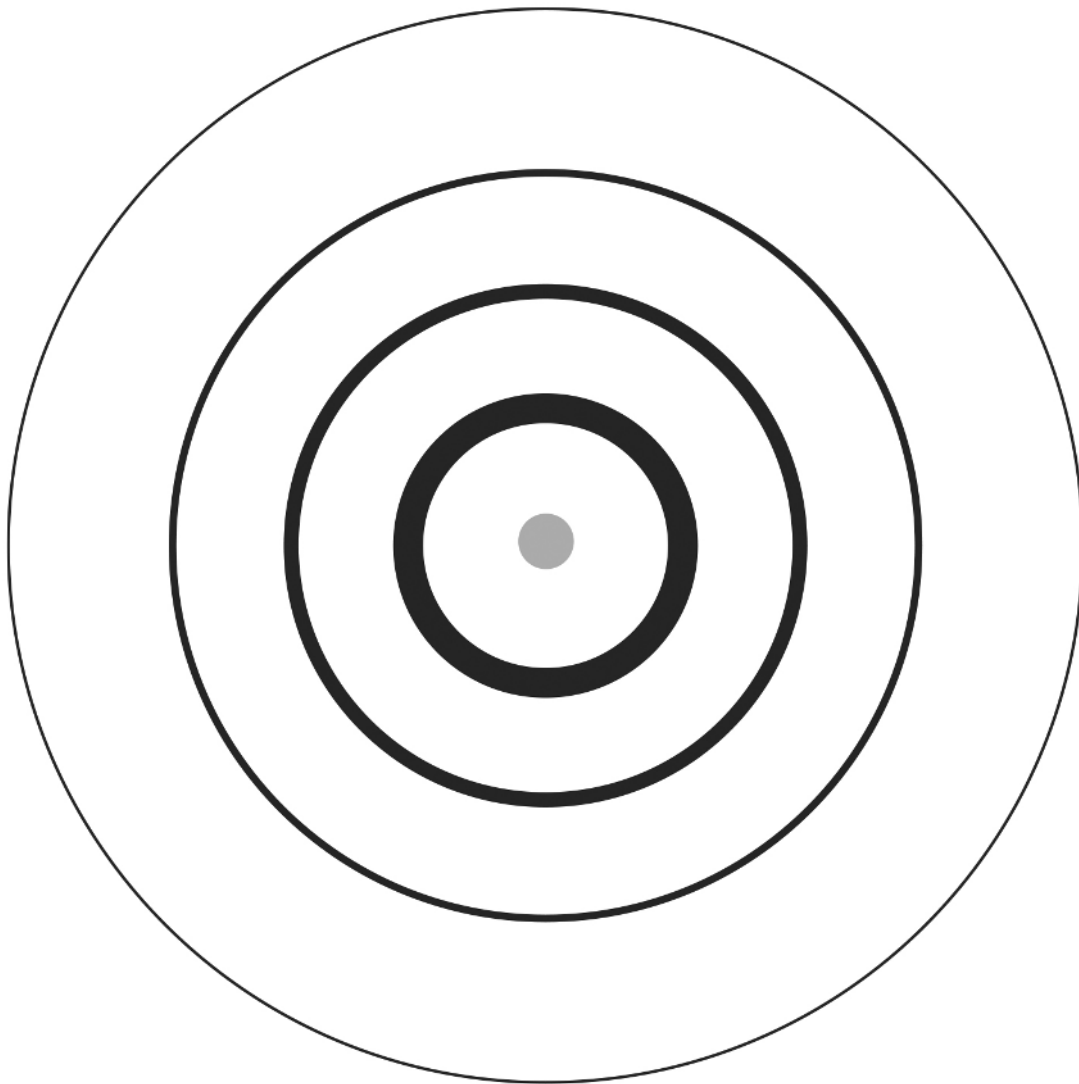
Even writing your name is hard for me, but I need to write this letter. I want for you to know...

Then, let it flow. Remember, you won't post this letter. It's simply a tool to help you release some of your pain and move forward. Are you ready to give it a go?

“Writing a letter by hand is more personal. It doesn't need to be perfect. Rather let it be raw and honest. Without a digital record, using a pen and paper also feels safer.”



BOUNDARIES ~ who is where in your life



This tool shows you who is where in your life and helps you see if you need to make any changes. This exercise aims to identify the position of 15–25 people in your life—family, friends, work colleagues and people in your social/hobby groups.

The dot in the innermost circle represents you. People you place in this circle are your most cherished, loved and trusted people. They ‘get you’ just as you are, even when you show up as your worst self. Choose these people intuitively—not logically, as this circle may or may not include parents, children or siblings. An inner circle rarely holds more than a handful of people—sometimes, there are just one or two.

The second circle is where you typically have family members and close friends. You share most of your life with these people but not quite everything. There are more friends in the third and fourth circles, with perhaps some work colleagues and social/sport/faith activity friends. In the outermost circle, there might be a boss, an ex-partner who is the mother/father of your children, and acquaintances. Again, trust your instincts about who goes where.

Now it's completed, are there any surprises? Have some people edged into the inner circles who should not be there? Or is there someone languishing in an outer circle who you wish was closer? Make a note of any changes you would like. This awareness in itself will begin to change things.

NO-ONE MAY ~ a tool to help you define your boundaries

For the 'No one may ...' exercise, complete the sentences below. It's OK to write anything. Don't judge yourself—this is just to unblock the things you edit out due to social niceties. The 'no one may...' sentences aren't to be said to anyone. Instead, they help you identify your boundaries without confining them to just one person. And yet, at the same time, one person may instantly spring to mind. Here are a few common examples:

- 'No one may be disrespectful to me at work.'*
- 'No one may keep asking me to do more than my fair share of the household chores.'*
- 'No one may tell me I'm stupid.'*

Now write three sentences for yourself

No one may.....

No one may.....

No one may.....

Who or what has recently irked, infuriated or made you feel angry? Consider whether you wish to speak to the person in question. If you do, please see the 'Truth Talking' chapter.

SEE WHO IS IN YOUR DUNGEON ~ can you release them?

Deep within your soul is place rarely visited—your dungeon. It's where you imprison everyone who has hurt, abused or humiliated you. Their energy is still trapped inside your being long after the event. Keep holding on to their energy is rarely helpful.

For this exercise, sit comfortably somewhere quiet. Close your eyes. Breathe slowly and deeply for a count of ten. Now, in your mind's eye, prepare to visit your dungeon. Push aside any feelings that this feels silly and let your imagination act as your guide.

See yourself walking down to your dungeon in the castle within your soul. If you need a more descriptive visualisation, please re-read page 105. See a wide corridor with a vaulted ceiling and a row of burning torches on the walls. When you reach the dungeon, you see thick metal bars partitioning the room. Behind the bars are those souls who have harmed you. Make a list of those locked inside your dungeon.

- 1.
- 2.
- 3.
- 4.
- 5.

Are you ready to let them go? See page 109 for instructions on how to let the energy of these people go.

“ Sometimes, just recognising those you have locked up is enough to let them go. Time is a great healer. Do you still need to hold on to their energy to protect yourself? ”



NAME YOUR MASK ~ give it perhaps a ridiculous name?

“Which masks do you wear?

- The optimist
- The ‘I can do it’
- I’m a creative genius
- The clown
- The I’m in charge
- Superman

Do you use any of these?”



We all occasionally adopt a mask. It's how we get through challenging times. Often our mask is not so different from who we are. However, when the gap between who we are and the character we pretend to be is vast, it is quite simply exhausting.

If we show-up differently from how we have done so in the past, there is a possibility of being chided, rejected or hurt. These are powerful reasons to cling to what we have created—even when our masked behaviour makes things worse rather than better.

STEPS TO REVEAL YOUR AUTHENTIC SELF

Relinquishing a mask that no longer serves you takes courage, but try these small steps. Notice first where, when and with whom you use a mask to hide the real you. Be curious—what triggers you to do this? Give your mask a name. Perhaps make it a ridiculous or funny name—like superwoman—as this can help you spot it more easily. Name the mask you wear the most here:

.....

What are the benefits of wearing this mask?
.....

Who accepts you—just as you are? Write their name, plus how you will commit to being the ‘real you’ with them.
.....

SYMPTOMS OF CHRONIC ANXIETY ~ how to spot the signs

HOW THE BODY RESPONDS	EMOTIONAL RESPONSES	BEHAVIOURAL CHANGES	
Headache, neck or back pain	Constantly on edge	Avoiding anything fearful	
Digestive issues	Sense of dread	Escapism	
Brain fog	Catastrophising	Abusing alcohol or drugs	
Heart palpitations	Irritable	Comfort eating	
Difficulty in sleeping	Restless	Isolation	
Sweating or clammy hands	Bored	Reckless risk-taking	

Chronic anxiety can creep-up on you. Almost without realising it, life can suddenly be plagued with worry, jangly nerves, and moments of panic. The first step to finding inner peace is to become REALLY aware of what is happening beneath the surface. So, for this exercise, please complete this seven-day challenge below, recording your experiences.

	What was going on in your life on this day? Make a note of stress/anxious situations	How did your body, emotions, and behaviour change with what was going on?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

BOOSTING YOUR SELF-ESTEEM ~ revel in your uniqueness

Boosting self esteem begins by choosing to see that you ARE worthy. This isn't an ego trip, nor are you aiming for perfection. Instead, it is choosing to see and honour your light—the person you are on the inside that can shine brightly. Choice alone won't change how you or others see you, but this is how it begins.

The following exercise helps you see your uniqueness. Without much thought, list five random things that are unusual about you. Perhaps you have striking features, have had big adventures, or have a hidden talent.

- 1.
- 2.
- 3.
- 4.
- 5.

Now make another list of things that make you—you.

- 1.
- 2.
- 3.
- 4.
- 5.

You could make many such lists. No-one will create an identical list because you are unique. Knowing this means there no need to feel inferior. You are not less or more than others—everyone is simply different.

“You are unique. No-one is exactly like you. Even identical twins have had different experiences. And, no-one has lived your life in the way you have. Embrace being you!”



HEALING A BROKEN HEART ~ begin to see the bigger picture

“I wish I had a magic wand to take away the pain of a broken heart, but like grieving, which in part it is, it takes time to heal. Know that even though it hurts, you can be happy again.”



The following exercise asks you to dig deeper to see the bigger picture of your relationship and the break-up. Don't rush for instant answers. Instead, allow your thoughts to percolate. Doing this exercise enables you to let go more quickly and be open for the next chapter in your life.

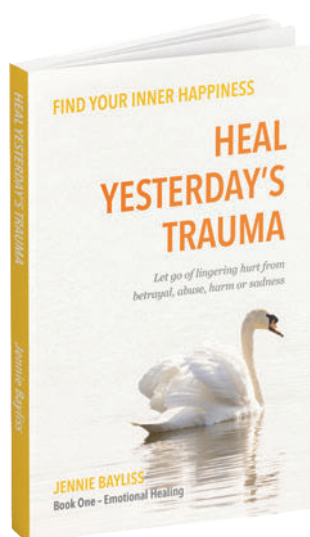
- List three irritating, infuriating behaviours or habits of your ex-partner.
.....
.....
.....
- Name three areas where, recently, your ex-partner was not on the same page as you.
.....
.....
.....
- Does your ex-partner have similar negative traits to an earlier boy/girlfriend or partner? List them here.
.....
.....
- Name one red flag that you won't ignore in the future.
.....
- Now *flip-the-coin*. Write about three wonderful times you shared.
.....
.....

-
.....
- Which of *your* traits did your ex-partner moan or grumble about? Do you need to work on these areas?
.....
.....
.....
- Write a few lines about what hurts you most about the break-up.
.....
.....
.....
- In a future relationship, I will prioritise
(choose a value that is important to you).
- Write a paragraph below that begins: *I am grateful to [ex-partner's name] for...*, then expand on why you appreciate your shared journey. This is a tough exercise because when we are hurt, we focus on their shadow side, not their light. So, dig deep. There are many things for which you can be grateful. The more you can write, the easier it is to release your ex-partner with love and wish them well for their onward journey through life.
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.....

“After a few months, review your answers. What has changed? Trust that when you are ready, some-one will come into your life. And it might be an even better match for you.”



A FAVOUR TO ASK...



Thank you for purchasing *Heal Yesterday's Trauma*.

I hope you enjoyed reading it and that this toolkit has been useful. Please could you write a customer review on Amazon? Even if you purchased the book directly from me—you can still do this if you have an Amazon account. You can find me on Amazon by searching for the book title, or this is the URL www.amazon.co.uk/Heal-Yesterdays-Trauma-lingering-betrayal/dp/1805141139/

THANK YOU FOR YOUR SUPPORT

RETREATS AT THE JASMINE HOUSE

The Jasmine House is located on the beautiful Isle of Portland in Dorset, overlooking Chesil Beach.

It's my home and a retreat house. Over the last fifteen years, I have offered one-to-one, or one-couple-at-a-time retreats. Spending time here, and working with me, allows people to heal, let go, and understand more about what has happened.

Everyone is unique, so I work in a way that will best help my clients. This might include life coaching, EFT, forgiveness, empathic healing, and or inner child work.



Please visit my website to find out more.
www.thejasminehouse.co.uk Or call me:

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