



Handout #1

## **Your Core Wounds**

### **A. Childhood**

Write down 3 – 4 of the most significant wounding/traumatizing experiences you went through in your childhood – those that had the greatest impact upon you throughout your life.

Wounding experience #1:

Wounding experience #2:

Wounding experience #3:

Other significant traumas or experiences that deeply impacted you

## **B. Adulthood**

Write down 3 – 4 of the most significant wounding/traumatizing experiences you went through as an adult.

Experience #1:

Experience #2:

Experience #3:

Other significant traumas or experiences that deeply impacted you

### C. Behavior and Beliefs

1. What behaviors have you developed as compensations for the wounding you went through? Examples: being hardworking, a peacemaker, combative, withdrawn, super brain, healer, etc.

a.

b.

c.

d.

2. What mental/emotional imbalances have you experienced as a result of the wounding? Examples, OCD, panic attacks, depressive, hard to experience intimate relationships, overactive mind, poor boundaries, sexual/relationship issues, etc.

a.

b.

c.

d.

3. What core beliefs about life have you taken that seem to be connected to the wounding?

a.

b.

c.

d.

D. Themes that have developed in your life from all this

1. Aversions – things you have tried to keep away from you

a.

b.

c.

d.

2. Things/experiences you craved

a.

b.

c.

d.

3. Valuable skills and abilities you developed as adaptation or compensation for your wounding experiences. These are what will allow you to “pull up” others in your Tribe who need assistance.

a.

b.

c.

d.

4. What is your top special ability – your Super Power? This is the one that has created the biggest transformations in your clients already – often without much conscious effort on your part. This is RARELY the thing you studied in school!