

TURNING THE TIDE OF TRAUMA



Turning The Tide of *Trauma*

Week 2: Be Willing to Release

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CHANGE FROM THE INSIDE OUT 

Week 2 Action Sheet

Do this week's action sheet only when you can be UNINTERRUPTED.

Sit quietly and really allow feelings to come up and not just fill this out to fill it out.

1. What is the #1 thing that you believe is holding you back in releasing the feelings or experience of the trauma/s?

2. What would it take to change this one thing holding you back?



Week 2 (cont.)

3. Is it within you or do you need help getting past or through this one thing holding you back?

4. Ok, now really ask yourself the following questions. Using the one thing that is holding you back:

- What are the benefits of holding on to this one thing?
- What are the costs of holding on to this one thing?
- What are the benefits of this one thing that is holding me back being gone?
- What are the costs of this one thing that is holding me back being gone?



Week 2 (cont.)

You might be thinking there are no benefits. YET, there are or you wouldn't be holding onto it or you would be seeking the help already to removing it.

Remember we do things unconsciously. It's not always apparent at first glance.

Feel the feelings and allow yourself to answer these questions.

5. How would your life or journey in the recovery be different if this one thing that was holding you back was gone?

Ok work through this and come back to it if you need to.

