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| <input type="checkbox"/> Unhealed Wounds | <p>Unhealed Wounds Typically Happen in One of Two Ways.</p> <ul style="list-style-type: none"> • #1- <u>Event Based Trauma</u>: Unhealed wounds occur when you or someone else in your family experiences a traumatic or painful life event that simply does not heal over time or on its own. Common examples include a bitter divorce, being emotionally or physically abandoned, etc. • #2- <u>Interactional Trauma</u>: Unhealed wounds also occur over time when there is a lot of tension, disrespect, or arguing between parents and kids. Over time this sucks out feelings of closeness or nurturance in the home and is replaced by bitterness or unforgiveness. <p>So ask yourself this question?</p> <p>Are any of the problems or stressors that you listed on the apples of your tree caused by unhealed wounds? If the answer is “yes” check the box.</p> |
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| Unhealed Wound Undercurrents or Root Causes of the Problem Stressors/Symptoms | |
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| Unhealthy Undercurrents | Healthy Undercurrents |
| <input type="checkbox"/> Unresolved Grief or Loss | Grief Education and Resolution |
| <input type="checkbox"/> Betrayal or Abandonment | Security, Forgiveness, Unconditional Love |
| <input type="checkbox"/> Family Secrets | Reveal Secrets/Safety |
| <input type="checkbox"/> Physical or Mental Abuse | Support, Courage to Leave, Forgive |
| <input type="checkbox"/> Lack of Forgiveness/Bitterness | Forgiveness |
| <input type="checkbox"/> Lack of Consistent Nurturance | Unconditional Love, Consistent Nurturance |
| <input type="checkbox"/> High Anxiety | Safety or Security |
| <input type="checkbox"/> High Stress | Relaxation or Diversionary Tactics |