




Healing the Hidden Wounds of Childhood – Module 2

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Get Over It For Good!





MODULE TWO: BASIC INFORMATION

What you need to know to Get Over it For Good! —



Reminder:

The overall goal of this course is to teach you how your childhood can affect your health and wellbeing as an adult and how you can heal it - for good!

During this course you will:

- Learn how adverse childhood experiences can cause problems in adulthood
- Understand the basic stages of child development
- Identify significant events from your own childhood
- Recognize how the brain manages negative memories and why it creates difficulties for you
- Utilize 3 key steps to help you start the healing process
- Become familiar with dozens of techniques for self-healing

The benefits of completing this course include:

- Releasing your energy from the past so you can live fully in the present moment
- Getting free from emotional minefields that sabotage your relationships
- Understanding the origin of your fears and anxiety so you can overcome them
- Improving your ability to make changes in your life that really last
- Becoming your true and authentic self
- Increasing your energy and joy for living

Module 2 Objectives

- Understand recent research on Adverse Childhood Experiences and their impact on health
- Know how to calculate your own ACE score
- Summarize basic functioning of the brain and how it manages negative memories
- Recognize how negative memories cause you problems, even when they are hidden
- Learn how to use the 3 Keys of Creative Healing to work on your own memories

Studies have shown conclusively

**Your childhood affects your
health and wellbeing as an adult**

What is the ACE Study?

- A study conducted by the CDC to look at the connections between Adverse Childhood Experiences (ACE's) and health in adulthood
- Over 17,000 adults were surveyed for the presence of ACE's in childhood
- 2/3 of them had experienced some type of trauma in childhood
- There was a direct correlation with chronic disease in adulthood as well as mental illness, criminal behavior and work issues

ACE's are Associated with Health Issues:

- Alcoholism
- COPD
- Depression
- Fetal death
- Decreased quality of life
- Illicit drug use
- Heart disease
- Liver disease
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early smoking
- Adolescent pregnancy
- Early sexual activity
- STD's
- Risk of domestic violence

Adverse Childhood Experiences (ACE's)

- Fall into three main categories:
 - Abuse (Physical, Sexual, Emotional)
 - Neglect (Physical, Emotional)
 - Family Dysfunction (Domestic violence, Substance abuse, Marital Discord, Mental illness, Crime)
- BUT other traumas (illness, death in the family, prolonged separation from parent, other stressors) can also have health consequences (my theory)

What is Your ACE Score?

- The ACE score is used to measure the total amount of stress during childhood
- You can use the ACE questionnaire to determine your own score
- A score of 1 is significant and associated with health issues
- The higher the score the greater the risk of health problems

ACE's and the Brain

- Trauma causes increased levels of stress hormones (adrenaline and cortisol)
- The primitive “fight or flight” function of the brain is over-stimulated and constantly firing
- Thinking and learning functions are decreased because the brain is always on alert for danger
- Normal growth and development is interfered with, causing a chain reaction throughout life

Adverse Childhood Experiences (ACE's)

Are stored as



either in conscious or subconscious parts of the brain ... so you may not be able to remember them at all.

Adverse Childhood Experiences (ACE's)

- Leave behind residues or traces of old negative memories that can be reactivated “out-of-the-blue” at any time AND
- It takes multiple positive experiences to override one negative experience
- So ACE's can only be healed by *actively* exploring them and connecting them to positive associations

It's a fact of brain neuroscience...

**Your brain has a preference for
negative information!**

In order to avoid possible dangers, your brain:

- Is more sensitive to negative information
- Stores negative memories more carefully
- Gives negative events higher priority than positive
- Overreacts to negative events
- Constantly watches out for negative situations
- Can reactivate traces of old negative memories



So even if you are trying to live a positive life ...

**Your brain is working against you
all the time!**



ACE's keep you from living
in the present moment

**By constantly trapping your energy in the past or
projecting fear into the future** —



ACE's interfere with making positive changes

By depleting the energy that is necessary for you to create and sustain deep, internal transformation —



ACE's prevent you from
being your true self

**By continually causing you to react to new situations
with old emotions of anxiety, fear and anger**

In order to recover from Adverse Childhood Experiences

You *must* go back to the past and work through your old wounds



And delving into past memories to replace the pain with understanding is the only way to ...

Get Over It For Good!

The 3 Keys to Creative Healing:



Follow these steps to free yourself from the painful past —



Name It: identify the wounds of your childhood

Trace your family timeline to discover the stresses and losses that occurred in your past – without *blame* or *shame*. —



Reclaim It: own the past as part of the gift of your life

Cherish all of your life experiences with reverence – practice *self-piety* rather than *self-pity*. —



Reframe It: find the good
in everything

**Rewrite your story from a positive perspective and
nurture yourself with love and compassion.** —

Remember:

Four Rules of Creative Healing

1. Name – without Blame or Shame

Take responsibility for your own life

2. Tell the truth

Be honest with yourself and others

3. *Self-piety, not self-pity*

Have reverence for all of your life

4. Strengths support weaknesses

Use your gifts to help you heal

Module 2 Homework

- Complete these assignments before moving on!
- Print the handouts:
 - ACE Score
 - Journal Prompts
- Determine your ACE Score
- Journal about these questions:
 - What are my major health issues?
 - What situations are most likely to trigger my negative emotions?
 - Do I like myself? Why or why not?
 - What fears are arising in me right now?