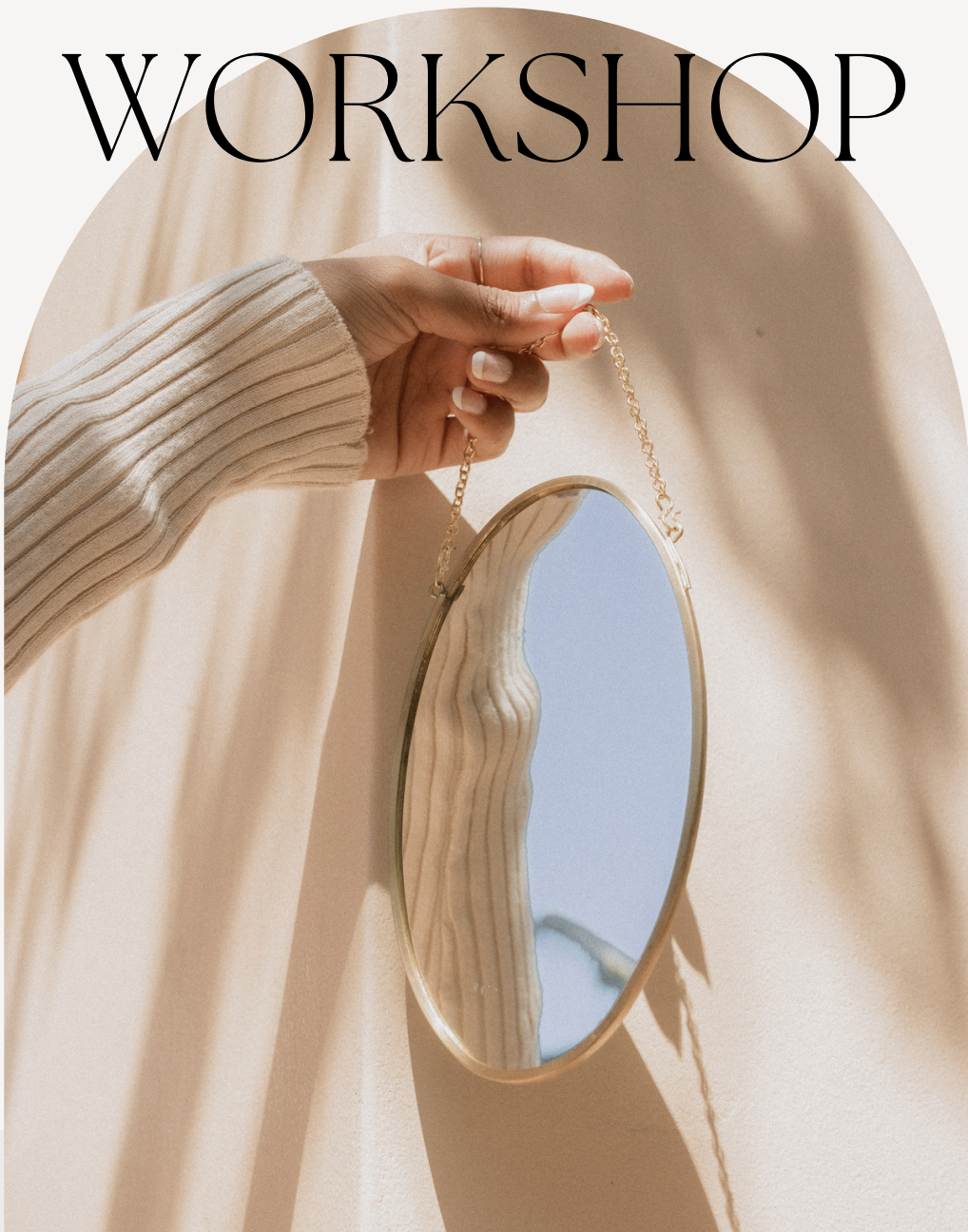


SEEN: THE WORKSHOP



A workbook to help you look beneath the masks you wear and embrace your most authentic self after trauma.



Welcome!

This workbook was created to accompany the SEEN workshop hosted by Emmy Marie. You are welcome to print out this workbook and write on it that way, or do so digitally, or in your own journal. Whatever works for you!

Thanks for being here, I hope you enjoy the workshop.



The 4 Trauma Responses



FIGHT

Responding to danger with confrontation and pushing against the threat.

FLIGHT

Responding to danger with avoidance and trying to flee from the threat, leading to isolation.

FAWN

Responding to danger by abandoning yourself and focusing on others to secure safety.

FREEZE

Responding to danger by shutting down and distancing yourself from your own experience.

Which trauma responses do you recognize in yourself?

Which one do you tend to experience the most/least? Why do you think that is?

How have you judged yourself for your trauma responses in the past?

All of these responses are survival strategies. They are ways our brains and bodies learn how to stay safe during danger and hardship.

Trauma tells our brains and bodies that we are unsafe. Whether we're not getting our needs met by our parents, being bullied by our peers, learning that love involves a lot of pain and suffering, or being taken advantage of and then treated as expendable at work, many forms of traumatic circumstances prevent us from feeling safe enough to be ourselves.



The Masks We Wear



THE PERFECTIONIST

Somewhere down the line, the perfectionist may have learned they could find safety, love, and approval through being perfect (which isn't actually possible).

They may wear the mask of always being perfect and flawless in order to cope with once being made to feel worthless, bad, or not good enough.

FIGHT

Being critical and judgmental to themselves and others. Can feel indignation for people who aren't also perfectionists.

FLIGHT

Trying to avoid conflict by never doing anything wrong or worthy of criticism.

FAWN

Wanting to make sure they/their work is good enough for others.

FREEZE

Feeling paralyzed by their expectations and procrastinating as a result.

Do you resonate with the mask of perfectionism? Why or why not?

If so, why do you think you have developed this strategy? How has it helped you?

How has this mask harmed you, prevented you from seeing yourself, or kept others from seeing you fully?



The Masks We Wear



THE PEOPLE PLEASER

Somewhere down the line, the people pleaser probably learned they could find safety by making other people happy.

They wear the mask of accommodating and pleasing others because it feels dangerous to disappoint or upset other people. They might have a hard time knowing who they are without the approval of other people.

FIGHT

Lashing out and feeling resentful or bitter when they realize how much they've given to others with without receiving much in return.

FLIGHT

Try to desperately avoid conflict by doing things for other people and making others love them.

FAWN

Consistently ignores their own needs, feelings, and desires in favor of other people's.

FREEZE

Can feel burnt out and exhausted emotionally after everything they do for others.

Do you resonate with the mask of people pleasing? Why or why not?

If so, why do you think you have developed this strategy? How has it helped you?

How has this mask harmed you, prevented you from seeing yourself, or kept others from seeing you fully?



The Masks We Wear



THE OVERACHIEVER

Somewhere down the line, the overachiever likely learned they could find safety and praise through external success and achievements.

They wear the mask of overachieving because it feels dangerous or unacceptable to fail at something. They may not really know who they are without their achievements.

FIGHT

They may like they need to forcefully make themselves visible and heard, and have a hard time admitting when they are wrong.

FLIGHT

They may feel like it's not safe to slow down, relax, or be satisfied with themselves as they are.

FAWN

They may try to impress other people to achieve a sense of belonging and approval.

FREEZE

They can become so burnt out from everything that it's hard to function at all.

Do you resonate with the mask of overachieving? Why or why not?

If so, why do you think you have developed this strategy? How has it helped you?

How has this mask harmed you, prevented you from seeing yourself, or kept others from seeing you fully?



The Masks We Wear



THE PEACEKEEPER

Somewhere down the line, the peacekeeper probably learned they could find safety through staying small, quiet, and out of the chaos going on around them.

They wear the mask of always agreeing because it feels dangerous to be in opposition to others. They might have a hard time knowing who they really are because they've never allowed themselves the space to get to know themselves.

FIGHT

All their pent up emotions can come out suddenly and violently when they're pushed too hard.

FLIGHT

They prioritizing peace within and outside of themselves above all things, leading to the avoidance of hard topics/big feelings.

FAWN

They can focus more on other people's feelings than their own, to make sure everyone else is okay.

FREEZE

They can dissociate from their own emotions in order to stay as small and "easy" as possible.

Do you resonate with the mask of peacekeeping? Why or why not?

If so, why do you think you have developed this strategy? How has it helped you?

How has this mask harmed you, prevented you from seeing yourself, or kept others from seeing you fully?



The Masks We Wear



THE HYPER-INDEPENDENT ONE

Somewhere down the line, these folks learned that other people weren't trustworthy, and they needed to rely on themselves to survive.

They wear the mask of extreme independence because it feels dangerous to depend on others. They might have a hard time connecting with their emotional side, because they've had to focus so much on staying in control, and emotions are messy.

FIGHT

They can be stubborn and unwilling to admit they need anyone else, leading them to pushing others away.

FLIGHT

They can avoid danger by taking care of everything by themselves, often way in advance.

FAWN

They may never ask for help from anyone else, but consistently show up for other people when they are needed.

FREEZE

They can become so overwhelmed by their responsibilities and all the possibilities that they end up paralyzed by fear and self doubt.

Do you resonate with the mask of hyper independence? Why or why not?

If so, why do you think you have developed this strategy? How has it helped you?

How has this mask harmed you, prevented you from seeing yourself, or kept others from seeing you fully?



The Authentic Self



WHAT IS AUTHENTICITY?

Authenticity is the state of being true to yourself, in alignment with your core values, and honest with yourself and others.

To me, authenticity means...

- having integrity and being aware of the divisions between what I believe, say, and do.
- being honest with myself and others about what I'm going through.
- having a sense of my true self that is deeper than my trauma responses.
- knowing what's important to me, and letting that shine through.

What does authenticity mean to you?

What does it mean to be an authentic person?

Do you feel like you're connected to your authentic self? Why or why not?

Remember to approach these questions with a lens of curiosity, not judgement.

Trauma disconnects us from ourselves in order to survive. ESPECIALLY if you've been through developmental trauma, you have had to learn how to cope and survive instead of learning how to get to know yourself.

Getting to know your authentic self can feel like work, and it can also feel like fun. I invite you to honor however it feels to be in this process.



The Authentic Self



REDEFINING SUCCESS

- Making space for your humanity
- Being proud of yourself for things other than perfection and external achievements
- Doing things that are genuinely fun and relaxing
- Letting yourself rest - physically and mentally

What is one way you could re-define success in your life?

EMBRACING SELF-COMPASSION

Trauma teaches us that we are not good enough as we are. That's why we put the masks on in the first place. We need to create scenarios where we can feel safe AS WE ARE. This begins internally with how we relate to ourselves.

- Shift away from shame and judgement towards compassion and curiosity.
 - Explore the feelings that come up when you imagine being rejected or upsetting someone through creative expression, movement, or anything that feels good to you.
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- What are some ways you can be kinder to yourself?
 - How can you model self love and self care to yourself, instead of shame?



The Authentic Self



GRAVITATING TOWARDS GOODNESS

- Make boundaries with people who consistently make you feel depleted, triggered, or bad about yourself.
- Let yourself be seen for more than what you can give to others or how much you can achieve.
- Practice asking for help and support instead of always giving it to others without letting yourself receive.
- Lean into people who help you feel safe and at ease.

In what ways do you think your relationships with others could help you connect with your authentic self?

IT ALL BELONGS

- You are a person who is capable of change and growth, not a character or mask
- You don't have to give up your masks. Think of them as a resource and strategy. But they are not the whole of who you are. You are so much more. "It all belongs".
- Practice accepting the more difficult, edgy, or embarrassing parts of yourself.
- Take accountability for the way you impact others without making your mistakes the only things that define you.

How do you think you can integrate some of your masks/survival strategies/personality traits into a part of your whole self?



The Authentic Self



TAKE UP SPACE

- Practice strengthening the belief that you are allowed to take up space and have opinions.
- Practice sharing your truth with yourself - how are you feeling? What do you wish other people could see? How are you pushing away your feelings or fears? What needs to be seen within you?
- Practice letting others see you in your whole truth, not just the palatable way you present yourself. Let your messiness be seen.
- Discover what you are passionate about and let yourself have a seat at the table.

How could you practice taking up more space and showing up as your authentic self in your life?

ADDITIONAL NOTES:



Conclusion



- It is possible to liberate yourself from the narratives trauma has given you about who you are.
- It is possible to care for yourself and do what's right for you and also connect with others at the same time.
- You are worthy of being seen, loved, and respected for exactly as you are underneath the masks you've learned to wear.

Thank you!

Take a moment to celebrate yourself for completing this workshop and workbook. You showed up for this workshop today, and are taking steps towards reclaiming the narrative you've been handed in your life. I invite you to do something nice for yourself today, even if it's giving yourself a little hug right now.

With care,

Emmy

