IDENTIFYING AUTOMATIC FRAGMENTED SELF APPEARANCES AND HEALING WITH AFFIRMATIONS

FIGHT, AGE: 15 y/o NAME: LITIGATOR BEHAVIORS: Lawyer-Mode, Angry, Justifying, Frustrated, Defensive, Reactive/Impulsive, Heart Pounds

Old Job- Protect from mistakes/failures so I can’t be belittled & shamed. If I win my abuser’s competition then I’m worthy .

Cost: Chaos, My boundaries are compromised

ADULT TO CHILD VISUALIZATION: Hug her. Your feelings, concerns, and perceptions are valid. Your gut is always right. You make excellent decisions & conclusions.

New Job: I need you to be secure when others invalidate or gaslight us. I need you to trust our gut to recognize gaslights and yo-yos without needing a caseload of facts.

FLIGHT, AGE: 8 y/o NAME: PERSEVERATING PSYCHOANALYST BEHAVIORS: Confused, Difficulty Making a Decision, Excessive Time Processing, Afraid, Heart Pounding, Gut Anxiety, Chest Anxiety, Hyper-vigilant, Seek Reassurance

Old Job- Protect from shame, disappointment, sadness, and negative feelings by avoiding reality

Cost: Confuses, Complicates, Drains energy & time

ADULT TO CHILD VISUALIZATION: Hug her. You don’t need to know the outcome, you will rock any situation you face.

New Job: Be still. I need you to trust that we are capable to cope with feelings and to make decisions and relax the need to know and to control.

FREEZE, AGE: 12 y/o NAME: PARALYZED BEHAVIORS: Tired, Increased Screen Time To Avoid, Emotionally Tapped Out, Hyper Focus, Give Up, Full Blown Panic

Old Job- Protect from failure, rejection, and vulnerability.

Cost: Physical distress, Missed opportunities

ADULT TO CHILD VISUALIZATION: Hug her and tell her you are proud of her even if she fails. Your achievements mean nothing to me. You are enough, just as you are.

New Job: I need you to trust that we are strong enough to be vulnerable, endure rejection and embrace failures. Ground fear and boost self worth.

SUMBIT, AGE: 5 y/o NAME: VICTIM BEHAVIORS: Ashamed, Guilty, I’m doing something wrong, You will never be ok

Old Job: Protect from abandonment and rejection by isolating or being dependent.

Cost: No supportive Tribe. Leverage/abusive Tribe.

ADULT TO CHILD VISUALIZATION: Hug her. You are safe, there’s nothing wrong with you. I am here with you and you aren’t alone.

New Job: I need you to believe you are loved and worthy exactly as you are.

ATTACH, AGE: 13 y/o NAME: SATURDAY NIGHT LONELINESS BEHAVIORS: Sad, Desperate to Connect, Lonely, Unloved, Ugly, Worthless, Excited by Yo-Yo Pull

Old Job: Protect from relationships that would make me vulnerable to real rejection and focus on achievements to show you are worthy.

Cost: You attract unhealthy people.

ADULT TO CHILD VISUALIZATION: Hug her. There is nothing wrong with you. People want to be your friend, they seek you. You are beautiful. You are enough.

New Job: Listen to your gut to help you find healthy connections, set boundaries, be assertive, and know you are worthy just as you are.

**TRAUMA INFORMED THERAPY ROAD MAP**: To endure childhood traumas you protected yourself by fragmenting into parts that could separate & shield your core allowing you to function normally. When triggered these fragments automatically take over & you don’t realize it isn’t the larger self. They blend so in one moment you can be overcome with anger (fight) & the next compelled to escape (flight). It is confusing, chaotic, & distressing so it is important to improve your self awareness. Use the example below as an outline for you & . Keep any part that applies to you and change the age, name, and behaviors that don’t apply. Copy and paste the first line of each fragment into your daily accountability journal & start screening yourself each day. Work towards gaining insight on how often these behaviors are occurring, what might have triggered you to not feel safe, specific grounding or self worth exercise that helps, & how to heal that inner child wound.

**NEW SELF PROTECTION PLAN**: Recognize you aren’t the part. You are a larger self & can contain all parts. Improve your [window of tolerance](https://www.goodtherapy.org/blog/psychpedia/window-of-tolerance). You don’t need shields. You are safe. You can choose to Un-scatter & ground to stop fragmenting. You are healing your inner child wounds to bring fragments up to date & integrate them with your larger self.

MORRISON CLINIC TRAUMA INFORMED ROADMAP

**THE ROLE OF TRAUMA IN** **OUR EMOTIONAL REACTIONS**: Traumas in our childhood and throughout our adult life can have a significant impact into our wellbeing and our ability to cope with situations that trigger us to not feel safe. These traumas do not have to fit the criteria for PTSD to have a negative impact on our health and our function and to lead to an automatic dissociated state of fight or flight mode when triggered. If you are having an emotional responses that are automatic and out of proportion to a trigger then you should consider the role that childhood traumas might be playing.