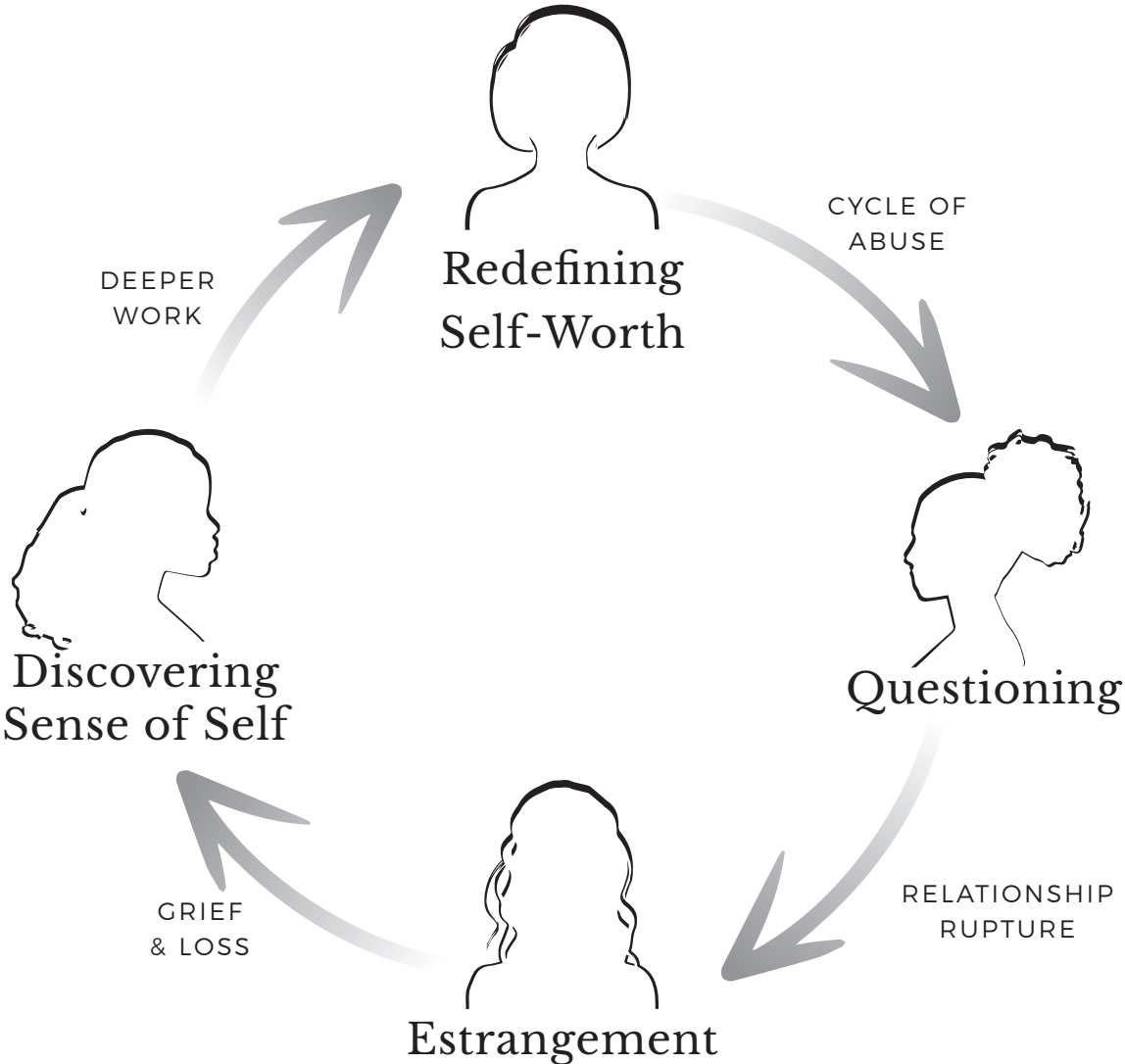


Estrangement Energy Therapeutic Tools



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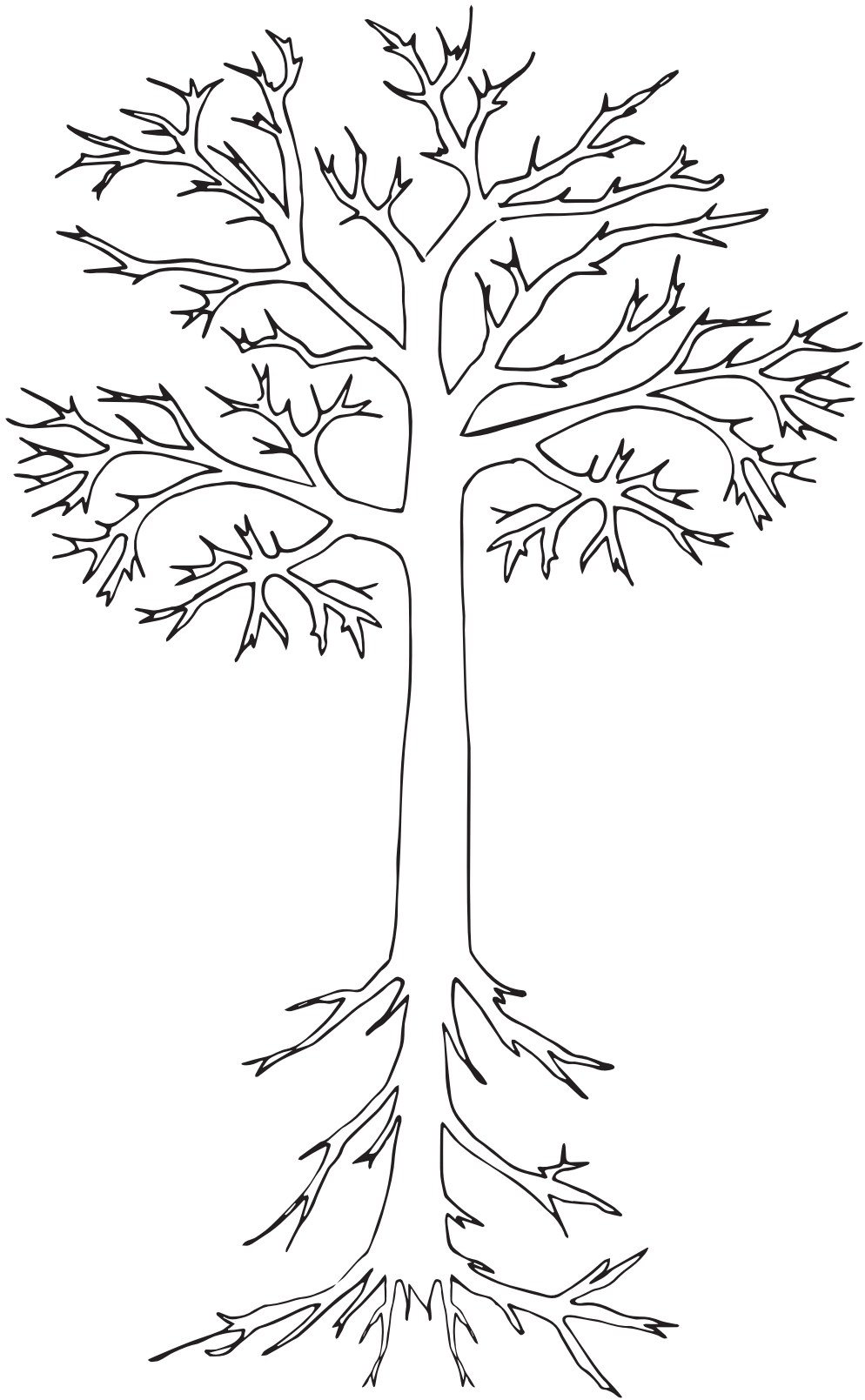
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EXERCISE 1

Negative Core Beliefs Tree

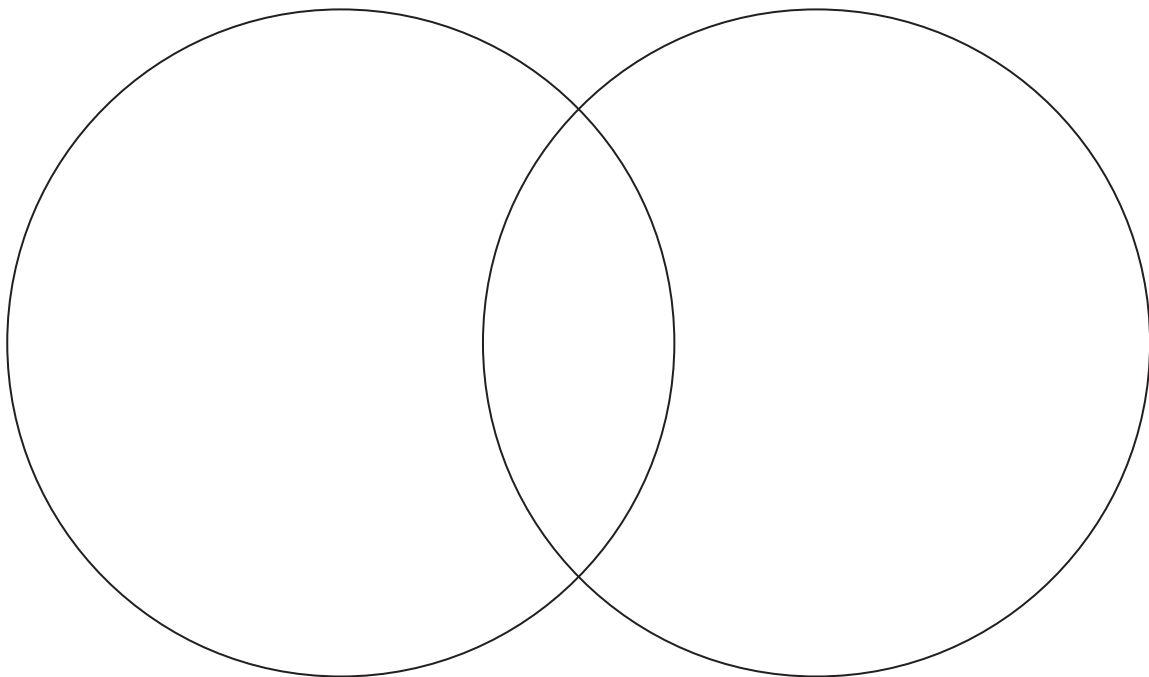
- Step 1:** Self-worth is deeply rooted in beliefs we carry based on the earliest experiences we have in life. To make these beliefs more approachable to self-discovery, let's use a tree visual.
- Step 2:** The worries and anxieties we are consciously aware of are the leaves of the tree. These are the things we can easily verbalize such as stressors and concerns. What are your worries and anxieties related to your relationship with your mom? Write them in the leaves of the tree.
- Step 3:** Going deeper cognitively, we ask ourselves what these thoughts say about us, which gets us to the trunk of our tree. Write down key phrases or thoughts on the trunk of your tree.
- Step 4:** We continue to ask ourselves the question, "if this is true about me, what does this say about me?" to go even deeper, in order to get to the roots of the tree. The roots represent the negative core beliefs that drive our behaviors and can feel painful to explore—negative core beliefs like "I am unlovable. I am a failure. I'm unworthy." Capture your negative core beliefs in the roots of your tree.
- Step 5:** Now that you are aware of your negative core beliefs, what would you prefer to believe? Write the opposite of your negative core beliefs or another, more, positive belief below. Make sure it's an 'I' statement! Try on statements like "I am lovable as I am. I'm trying the best I can. I am worthy." Which are easier to embrace or accept?



EXERCISE 2

Dialectical Behavioral Therapy (DBT) Wise Mind

- Step 1:** Label the left circle of the Venn Diagram 'logic' and the right circle 'emotion.'
- Step 2:** When thinking about your relationship with your mother, what emotions show up? List them in the **emotion** circle (e.g. sadness, anger, outrage, shock, denial, grief).
- Step 3:** When thinking about your relationship with your mother, what dynamics or facts can you name that are grounded in **logic**? (e.g. My mom is depressed, my mom has her own trauma, she's lashing out, I am the child of an emotionally immature parent, this mistreatment is a form of abuse, I want this pattern to stop, we can repair, this can get better).
- Step 4:** **Wise Mind** is the intersection of emotion and logic. When you hold space in your mind for both your emotions and logic, what do you hear or see? What needs to happen to support your autonomy in the mother-daughter relationship? What are your next steps to remain grounded and in control of your own actions? Write these in the intersection of your Venn Diagram that is Wise Mind.



EXERCISE 3

Inner Critic Personification

Step 1: Get into a comfortable position and close your eyes or put them at rest, such as looking down and softening your gaze. When you bring your attention inward and allow yourself to feel your inner critic, what does it look like? What represents them best, a person or an object? How do you feel towards them? Write down what you are noticing.

WHAT I'M NOTICING ABOUT MY INNER CRITIC

Step 2: Now that you know your inner critic, can you talk to it as if it's a separate entity to help reduce its power? Notice when it likes to show up. What it says to you. What do you want to say to it now that you are feeling more separate from it? Write down some things you can say.

WHAT I CAN SAY TO MY INNER CRITIC

Step 3: Picture a container in your mind to hold your inner critic now that you know it better. Visualize placing it in the container, focusing on the container size, material, and shape. Once your inner critic is successfully inside the container, visualize sealing it and placing it somewhere safe to allow your mind, body, and emotions to regulate. Note your container size, shape, and location on your piece of paper for future reference.

DETAILS ABOUT MY CONTAINER

EXERCISE 4

Letter of Divorce

Step 1: A letter of divorce signifies a separation that originates in substance abuse and recovery work, specifically divorcing your addiction. Rather than being exclusively used for this purpose, consider what you would write to your mom related to the stressors or strain in your relationship. Jot some things down on the included page that follows.

Step 2: Allow yourself to write freely and with full emotion. Avoid self-censoring as this writing is for your eyes only. What are you noticing? What themes are coming up that are worthwhile to note or to continue to work on at a deeper level? Note the themes on your piece of paper.

THEMES I'M NOTICING

Step 3: Read your divorce letter out loud, recognizing how it makes you feel to hear in your own voice.

Step 4: To honor the difficult and vulnerable work you've just done, what is the next appropriate step? Do you want to hold onto this letter as part of your work? Would you benefit from releasing yourself from it, such as tearing it up or burning it? Do what makes you feel most comfortable. Remember, you can write as many drafts or letters as you need to, to fully express yourself.

PLANS FOR THIS LETTER

MY LETTER OF DIVORCE

EXERCISE 5

Cognitive Behavioral Therapy (CBT) Best-Worst-Most Likely

Step 1: When thinking about your relationship with your mother, identify a scenario you've been contemplating such as confronting, allowing a relationship with your children, reconnecting, disconnecting, inviting her to the holidays, etc.

Step 2: What comes to mind as the best-case outcome for your scenario? Write it down.

BEST-CASE SCENARIO

Step 3: What comes to mind as the worst-case outcome in your scenario? Write it down.

WORST-CASE SCENARIO

Step 4: What comes to mind as the most likely outcome in your scenario? Write it down.

MOST LIKELY SCENARIO

Step 5: Reread your responses to best, worst, and most likely scenarios and sit with any emotions that come up. How does this influence your decision? Based on what you've discovered, where do you go from here?

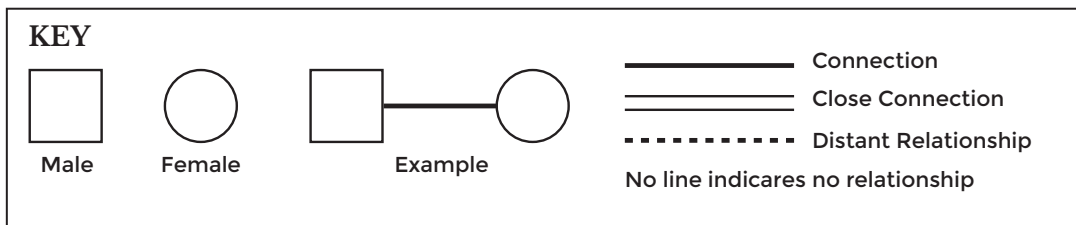
MY NEXT STEPS ARE

EXERCISE 6

Trauma Family Tree

- Step 1:** Start by mapping out your family tree, with you in the middle and noting partner/spouse, children, parents, grandparents, and extended family if appropriate and desired.
- Step 2:** Indicate the level of connection between you and each family member. A solid line indicates a connection. A double solid line indicates closeness in the relationship. A dashed line indicates a relationship that is now distant such as divorce, separation, or estrangement. A broken line indicates no relationship of any kind. See the key included on the following page for reference.
- Step 3:** Write down key facts that you are aware of about each person next to their name. Note things like age, occupation, mental health history, substance use history, abuse history, and fighting style.
- Step 4:** What trends do you see, if any, related to the key factors listed above? Is there a theme of helping professionals in the family? A string of divorces? A common fighting style of yelling or avoiding? Is there mental health present, like anxiety or depression, found in multiple generations? Abuse cycles from grandparent to parent to child? Estrangement in multiple relationships or generations within the family tree?
- Step 5:** Further notice what emotions and sensations arise for you as you look at your family tree. What emotions do you feel? What clarity can this exercise bring you at this stage in your life? What cycles or patterns do you wish to break in your generation or your children's generation?

FAMILY GENOGRAM DRAWING



EXERCISE 7

“5-4-3-2-1”

Access the audio file at estrangementenergycycle.com.

- Step 1:** Take note of your surroundings and begin with three belly breaths.
- Step 2:** What are 5 things that are blue (or any color you pick)? Name them in your mind or out loud.
- Step 3:** What are 4 things you can hear? Name them in your mind or out loud.
- Step 4:** What are 3 things you can touch? Name them in your mind or out loud.
- Step 5:** What are 2 things you can smell? Name them in your mind or out loud.
- Step 6:** What is 1 thing you can taste? Name it in your mind or out loud.

The five senses can be in any order. Notice how your mind calms in having a task that prevents rumination on other, more stressful topics. Repeat this exercise as many times as needed!

EXERCISE 8

Thought-Stopping Technique

Access the audio file at estrangementenergycycle.com.

Step 1: Identify a negative thought that you are having in this moment.

Step 2: Ask yourself, what is the evidence of the thought being true?

Step 3: Ask yourself, what is the evidence of the thought being false?

Step 4: Ask yourself, is this a fact or feeling?

Step 5: Ask yourself, why am I having this feeling? What was the trigger?

Step 6: Ask yourself, what am I going to do now with these feelings?

EXERCISE 9

Watch Your Warning Signs

- Step 1:** Write the physical symptoms you recognize in yourself for Physical Wellness in the appropriate box. Write the physical symptoms you recognize in yourself for Physical Decline in the appropriate box.
- Step 2:** Write the psychological symptoms you recognize in yourself for Psychological Wellness in the appropriate box. Write the psychological symptoms you recognize in yourself for Psychological Decline in the appropriate box. Note if any of the decline warning signs are present for you in this time of your life.

| | PHYSICAL | PSYCHOLOGICAL |
|----------|--|--|
| WELLNESS | <i>Examples: Energy, Stable Weight, Steady Sleep</i> | <i>Examples: Creativity, Joy, Problem Solving, Mindfulness</i> |
| DECLINE | <i>Examples: Fatigue, Weight Gain or Loss, Sleep Disruption, Hair Loss</i> | <i>Examples: Mood Swings, Anxiety, Numbness, Forgetfulness</i> |

- Step 3:** Next, move to the second quadrant exercise below. Write self-care ideas that are quiet and together in the appropriate box. Write self-care strategies that are active and together in the appropriate box.
- Step 4:** Write self-care strategies for quiet and alone in the appropriate box. Write self-care ideas that are active and alone in the appropriate box.
- Step 5:** Check your calendar. Where can you schedule self-care each week? Which of these self-care options can you implement right away versus planning ahead for them in your calendar?

MY SELF-CARE PLAN IS

| | QUIET | ACTIVE |
|----------|--|---|
| ALONE | <i>Examples: Reading, Journaling, Creating</i> | <i>Examples: Walking or jogging, Solo dance party, Cleaning</i> |
| TOGETHER | <i>Examples: Watching a movie, Listening to music, Going for a drive</i> | <i>Examples: Fitness class, Cooking, Legos and games</i> |

EXERCISE 10

Eye Movement Desensitization and Reprocessing (EMDR) Resource List

- Step 1:** Fill out examples in each box that are applicable to you. If you get stuck, ask a loved one or someone who knows you really well what they see that calms you under stress. This can add insight and ideas to your worksheet. The goal is to have multiple possibilities for positive coping in each box when responding to trauma or stress symptoms.
- Step 2:** Gather any tangible items you've identified in your resource list to keep at the ready. For example, perhaps you have a fidget tool on your keyring, have built a playlist of songs that elevate your mood, or keep mints or essential oils in your bag to help ground you.

Exercise continues on the following page.

SUPPORTS/PEOPLE

THINGS/HABITS/BEHAVIORS

BELIEFS/THOUGHTS

SELF-SOOTHING

SAFE/HELPFUL/POSITIVE PLACES

ACTIVE/PASSIVE COPING

EXERCISE 11

Five Senses Coping Kit

- Step 1:** Reflect on what images calm you when you are upset or stressed. Write down ideas under the 'See' column.
- Step 2:** Reflect on what smells bring you comfort. Write down ideas under the 'Smell' column.
- Step 3:** Reflect on what tastes nostalgic or comforting to you. Write them down under the 'Taste' column.
- Step 4:** Reflect on what things you like to touch that bring you comfort. Are they smooth? Soft? Warm or cold? Write down ideas under the 'Touch' column.
- Step 5:** Reflect on things you can hear that are comforting—things like nature sounds or music. Write down ideas under the 'Hear' column.
- Step 6:** Now that you've identified a list of possible comforting items for your five senses, begin to collect those items or keep them handy for use in stressful moments.

| SEE | SMELL | TASTE | TOUCH | HEAR |
|-----|-------|-------|-------|------|
| | | | | |

EXERCISE 12

Successful Self-Visualization

The script:

- Get into a comfortable position and take three deep breaths
- Clear your mind, imagining you are in a dark, calm room
- Begin to imagine an image of yourself, an image of success
- What do you look like in this room? How is your posture? What are you wearing? What is your face doing?
- Allow the image to pan out in your mind's eye. Who is around you? What is around you in this image of success?
- What are you feeling as you see this image of yourself?
- Allow yourself to feel positive sensations throughout your body as you continue to breathe.
- Take a snapshot—like on your phone—of this image in your mind's eye. What word would bring this image back into focus within your mind at another time?
- Say that word out loud. How does it feel?
- Write the word down.

MY WORD IS

EXERCISE 13

Trauma Personification

Step 1: Get into a comfortable position and close your eyes or put them at rest such as looking down. Bring your attention inward and allow yourself to get curious about your trauma. What piece feels most distressing? What sensations are associated with it? What imagery? What name or phrase captures the trauma element or event? Write down what you are noticing.

Step 2: When you are ready to contain the trauma between moments of reflection or therapeutic work, visualize a container. Visualize placing it in the container, focusing on the container size, material, and shape. Once your trauma personification is successfully inside the container, visualize sealing it and placing it somewhere safe to allow your mind, body, and emotions to regulate. Note your container location on your piece of paper for future reference.

EXERCISE 14

Who Am I Reflection

Step 1: Fill out each box with what comes to mind. Ask yourself questions like, “What are my roles? What adjectives describe me? What do I want from my relationships, my career, and my personal life? What is blocking me from achieving my goals? What are my possible solutions to rid myself of these blocks?”

Step 2: Notice any themes within the quadrants or any emotions that show up in completing this exercise. If you are still struggling with answers to your blocks and solutions boxes, who can support you in making progress?

I AM

I WANT

MY BLOCKS

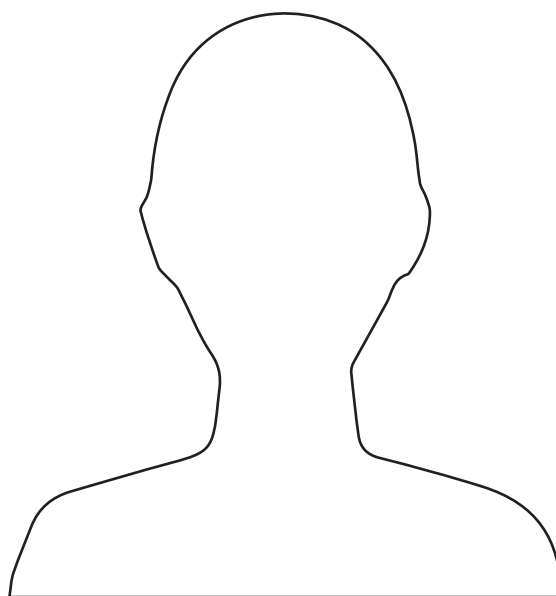
MY SOLUTIONS

EXERCISE 15

Self-Portrait Exercise

- Step 1:** Inside the torso of your drawing, write words that describe the roles you hold such as wife, mother, daughter, artist, employee, volunteer, etc.
- Step 2:** Inside the head of your drawing, write words that describe any anxieties and worries you have, such as your relationship with your mother, your productivity, your abilities as a parent, burnout, depression, being overworked, etc.
- Step 3:** Around the outside of the torso in your drawing, write words to describe you including your physical features, values, personality characteristics, and adjectives as desired.
- Step 4:** Around the outside of the head in your drawing, write words that capture what you need from others, such as compassion, understanding, space, hugs, distraction, affection, time to yourself, or reassurance.
- Step 5:** Review the final self-portrait, exploring key words that stand out or hold the most power instead of you in this moment. Grab some colored pencils, crayons, or colored pens and shade in the torso and head if you like. Focus on shading your drawing from left to right for bilateral stimulation and deeper processing as you continue your reflection of who you are and how you show up in the world.

Artistry is not the goal here so don't let your perfectionism get the best of you!



EXERCISE 16

Compassionate Touch Exercise

- Step 1:** Begin by getting into a relaxed and present position, most likely seated, with feet flat on the floor and hands placed gently in your lap. Take several deep breaths.
- Step 2:** Begin an experiment with touch, starting with your dominant hand on neutral parts of your body. This might mean clasping your other hand, touching your feet, or resting your hands on your knees. Notice any sensation that arises from this touch.
- Step 3:** Continue exploration of compassionate touch, including holding your arms in a self-hug, touching your face, the top of your head, the back of your neck, or placing your hands over your heart. Make note of which touch feels most comforting or evokes feelings of warmth for you. Also note which touch is not a good fit in feeling charged or uncomfortable.
- Step 4:** Recall a criticism or stressor and make note of any uncomfortable sensations in your body. Engage in your chosen compassionate touch as you continue to recall a criticism or stressor. Notice how your body and mind respond to the compassionate touch in the face of anxiety or worry, reinforcing any alleviated sensations or movement toward warmth and relaxation due to the compassionate touch.

EXERCISE 17

Power Poses

(Courtesy of Amy Cuddy)

Access the audio file at estrangementenergycycle.com.

Select a flat surface free of obstacles for standing or modify the poses for a sitting position if desired.

Step 1: Select one of three power poses.

Power Pose #1 V for Victory

- Stand with your feet shoulder-width apart and raise your arms into a V position above your head. Keep your shoulders down and breath through your belly, inhaling through your nose, exhaling out your mouth.

Power Pose #2 Wonder Woman Pose

- Stand with your feet shoulder-width apart and put your fists on your hips. Feel your chest open up and breathe through your belly by inhaling in through your nose, exhaling out your mouth.

Power Pose #3 Open Pose

- Stand with your feet shoulder-width apart and bring your hands up, elbows at your waist. Your hands will be palm up like an open yoga pose. Breath through your belly by inhaling through your nose, exhaling out your mouth.

Step 2: Hold your selected power pose for at least two minutes. Breathe deeply and notice your strength and balance in this pose. Hold this power pose as long as you feel comfortable.

HOW I FELT BEFORE MY POWER POSE(S)

HOW I FEEL AFTER MY POWER POSE(S)

EXERCISE 18

Mindful Walking

Access the audio file at estrangementenergycycle.com.

Select a flat surface free of obstacles for walking, either indoors or outdoors.

- Step 1:** Take several deep breaths as you straighten your spine, imagining a pole coming out the crown of your head that elongates your neck, spine, and torso. Take several more deep breaths, noticing any shift in your breathing by adopting this upright posture.
- Step 2:** Begin to notice your feet. As you prepare to lift one foot to begin walking, become aware of your muscles shifting, balancing the movement of your body weight as you lift your foot.
- Step 3:** As you proceed to lift one foot to begin walking, embrace an exaggerated slowness, as if you are moving in slow motion. Without losing your balance, notice the muscle groups that activate as you begin to walk, including the lifting of your foot, bending of your knee, balancing on one foot, and placing your foot on the ground in a stepping motion, heel to toe.
- Step 4:** Repeat these slow-motion movements as you walk, noticing how your body uses muscle and balance as it moves. Continue your walking with relaxed belly breaths and a straight, strong spine.
- Step 5:** As you finish your mindful walking, what do you notice in yourself? Is there a burst of energy? Increased oxygen? An improved flow to your breathing?

EXERCISE 19

Wellness Recovery Action Plan (WRAP)

- Step 1:** Fill out the boxes to the best of your ability as they relate to you and your experience. If you get stuck, you can ask someone close to you like a loved one or spouse about how you show up when feeling well versus unwell.
- Step 2:** Share your discoveries about yourself with someone who can hold you accountable. Specifically focusing on 'Plan of Action' and 'What do I need from others?' sections. The WRAP plan is meant to help you identify signs of decline and burnout while creating a path and plan towards wellness.

Exercise continues on the following page.

| | |
|---|---|
| <p>WHAT DOES IT LOOK LIKE WHEN I'M WELL?</p> | <p>WHAT DOES IT LOOK LIKE WHEN I'M NOT WELL?</p> |
| <p>WARNING SIGNS/INTERNAL</p> | <p>TRIGGERS/EXTERNAL</p> |
| <p>MY SUPPORTS</p> | <p>WHEN THINGS ARE BREAKING DOWN</p> |
| <p>PLAN OF ACTION</p> | <p>WHAT DO I NEED FROM OTHERS?</p> |

EXERCISE 20

Safe Space

Access the audio file at estrangementenergycycle.com.

- Step 1:** Take several deep breaths as you allow yourself to relax and bring your attention inward. Begin to bring to mind an image of a place that feels safe. This place can be real or imagined.
- Step 2:** Focus on this safe space in all its detail. What are the sounds of this place? What can you smell? What can you taste, touch, and see?
- Step 3:** Notice how you feel in this space. If it begins to feel like anything other than relaxed, calm, happy, or safe, you may need to restart this exercise to identify another safe space.
- Step 4:** Once you have your safe space captured in vivid detail, ask yourself what is one word that would represent this space, giving you access to it again in your mind? Try out the word by saying it in your mind or aloud. If it feels positive and reinforces the imagery of your safe space, write the word down.

MY SAFE SPACE IS

EXERCISE 23

Internal Family Systems (IFS) Self-Meditation

Access the audio file at estrangementenergycycle.com.

Read the script from start to finish before attempting, or play the audio file; you will want to keep your eyes closed or at rest for this exercise.

Script:

Get into a relaxed position and take several deep breaths.
Close your eyes and go inside...
And begin by focusing on your body sensations...

Just noticing wherever your attention goes in your body...
And being in that sensation.

Whether it's a warmth in your hands...
A tingling in your face...
A pressure in your belly...
Or a tension in your shoulders...
Whatever it is, just be present with that sensation.

As time goes on, your attention may wander
Bring it back to your body
Even a different part of your body...
And allow yourself to be present with that sensation.

As you focus on your body, allow it to relax you...and take you deeper inside yourself.
Just continuing to be with your body...deepening into yourself.

And now focus your attention on your belly, the sensations in your belly.
Whether it's a fullness...or a softness...or a solidness...
Or just the rise and fall of your belly with each breath...

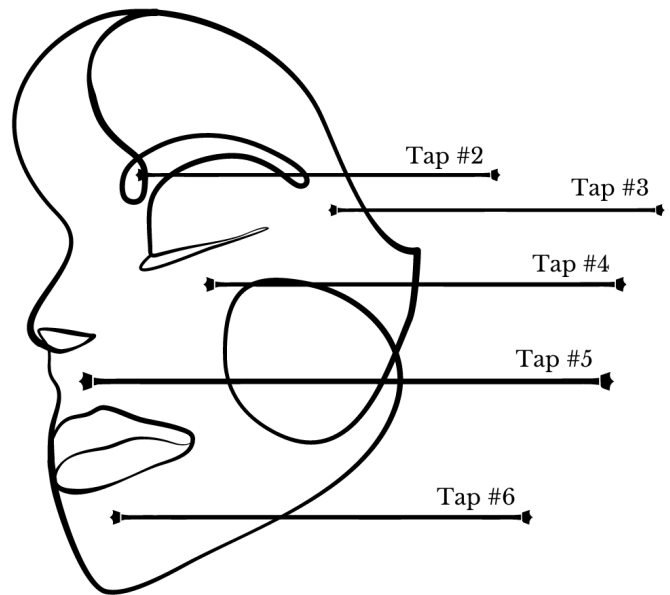
Whatever it is, just be present with the sensations in your belly...
And allow them to take you into that place in your inner awareness...
Anchoring you...in your belly...coming to a grounded, solid place inside yourself.

EXERCISE 24

Emotional Freedom Technique (EFT) Tapping

The total list of tapping points are:

- 1) The heel of your hand
- 2) Your inner eyebrow
- 3) Your temple
- 4) The place where your under eye meets your cheekbone
- 5) The skin between your nose and your lip
- 6) The skin between your chin and your lip
- 7) Your collarbone
- 8) Your lowest rib at your side
- 9) The top of your head



- Step 1:** Identify any negative or charged sensations in your body as you recall your worries or stressors. Begin by tapping the heel of your hand with your opposite hand. Name out loud your worries or stressors, without censoring, reframing, or revising your word choice.
- Step 2:** Move down the list of tapping points as you express your emotions out loud. Allow your worries or thoughts to come to you as you tap.
- Step 3:** Complete three or more cycles of tapping as you move down the tapping points on your body. Notice any shifts in the negative sensations that were present at the beginning of the exercise. Notice which tapping spots you found most comforting or liked best. Repeat your tapping cycle as needed for the desired positive shift in sensations and emotions.