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. |
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| 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. |
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