



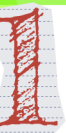
**If you find yourself feeling stuck in your healing..**


**If you feel you are not making progress..**

**I have a few suggestions..**

**for those of us with complex trauma, there is a message on the last slide..**

@Mindful\_Therapy\_Practice



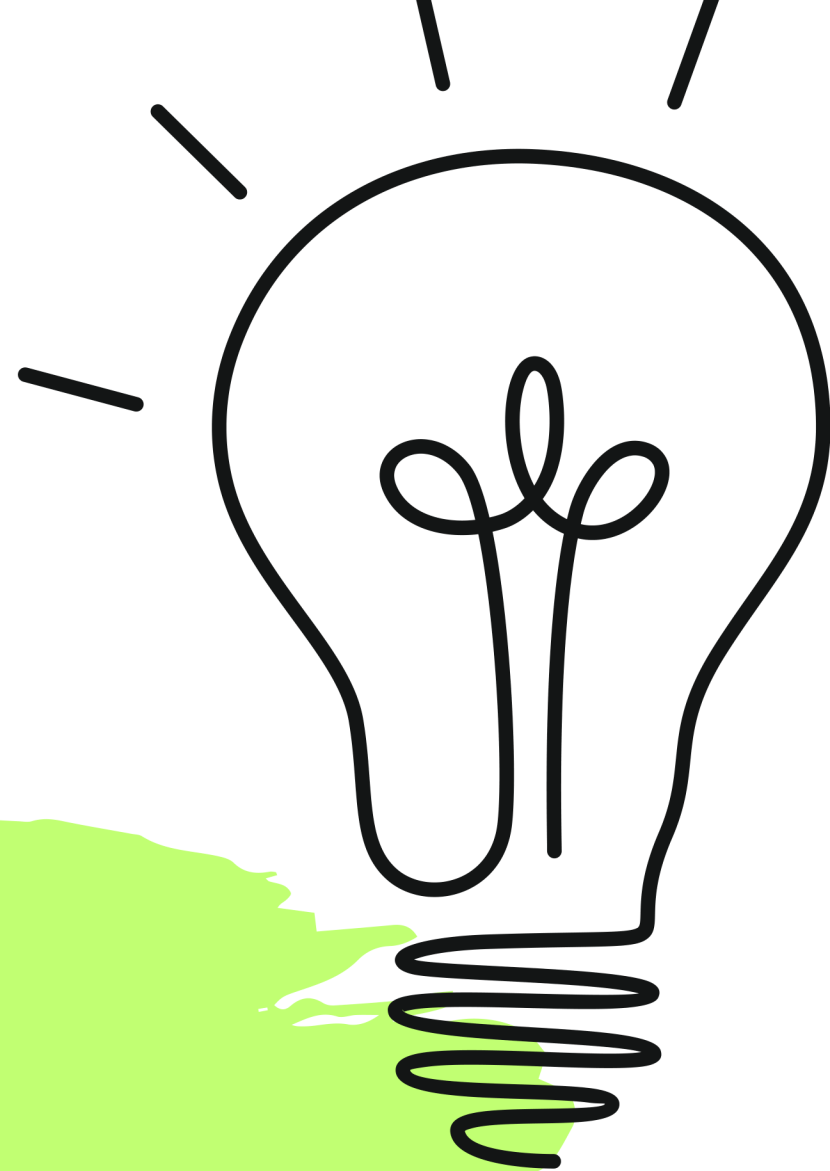
A photograph of a garden path. The path is made of grey stones and is surrounded by lush greenery. On the left, there are large purple flowers. On the right, there are pink flowers and a tree with pink blossoms. The path leads into the distance.

1  
Are you open to considering a paradigm shift? A new approach to your thinking?

If so, I invite you to embrace the following as an underlying assumption about negative Self/Selves talk...

NEGATIVE SELF/Selves-TALK was necessary in the past to protect you from emotional/psychological/physical/spiritual/sexual HURT AND PAIN

**“I’m so stupid; why don’t I know this; I’m such a loser”**

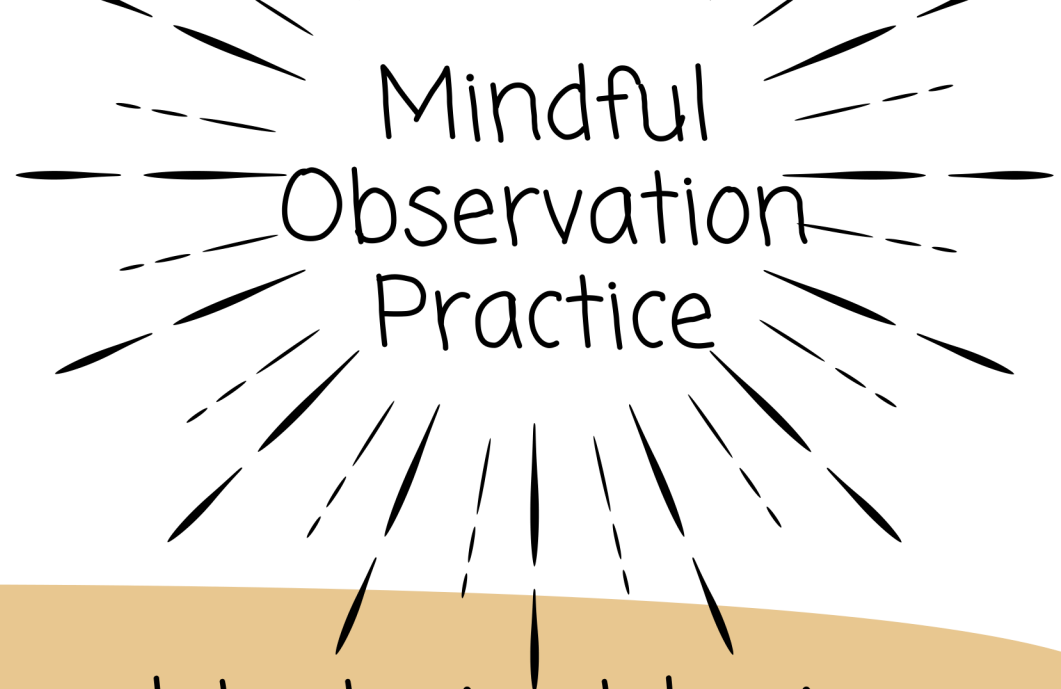


Remember, This negative self/Selves talk was helpful in some way in the past. Perhaps you were EXPECTED to know despite not having received guidance. Perhaps you were ridiculed when you did not know.



This kind of Self/Selves-  
UNDERSTANDING, KINDNESS, and  
consideration of how the past has  
influenced you is  
SELF/SELVES-COMPASSION.

SELF/SELVES-COMPASSION  
is essential to healing



Allow the intrusive thoughts to just be in the background. You're not problem-solving, analyzing, judging, evaluating. You are just OBSERVING these intrusive thoughts

I invite you to take a breath.  
If breathing is stressful, just know that you're already doing it.  
If possible, breathe in through your nose and allow long exhailes out through your mouth. Bring attention to your present-day ADULT SELF



# Observational Language

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Now, we do not have to be overly positive. For some of us, this feels inauthentic.

We can, however, be factual, neutral, literally just acknowledge what just happened

examples

"I/we spilled the cup"

"I/We just tripped and fell"

"my/our email had some typos"

"My/our car has just stopped in the middle of the road and I don't know what to do..."

Avoid  
making  
value  
judgments

Allow  
whatever is  
to just be

4

example:

"My/our car has just stopped in the middle of the road and I don't know what to do..."



Allow yourself/Selves not to know.  
Let go of imposing a value on this. It  
is ok to not know.

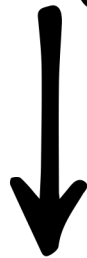


# These are all mindfulness practices

Mindfulness can be a lifestyle

I invite you to live mindfully

Every second that passes is an opportunity to engage in mindfulness



Mindfulness is being present in the moment, in a nonjudgmental and kind way



# Now, Back to the Intrusive Negative Self/selves talk..

When you(s) are in a safe enough place and space to reflect and do some inner work, I invite you to connect with your internal selves/parts/world

The negative thoughts were coming from someone/part(s)

I invite you to engage your selves/parts in a small talk, exploring what might have felt threatening..

See if you can work together to come up with a plan to communicate better, to feel more safe. Perhaps some accommodations need to take place?