

5 Signs that Unresolved Trauma is Ruling Your Life

*5 Days of Relaxing
Meditations with
Journal Pages*



*30 Day Self Care
Challenge*



RECOVER FROM TRAUMA AND ANXIETY

THAT NAGGING FEELING....

Trauma can affect us in ways we may not even be aware of. It can manifest in our thoughts, behaviors, and emotions, making it difficult to move forward in life.

If you suspect that unresolved trauma is controlling your life, this guide is for you. It will help you identify the 5 signs that unresolved trauma may be present and provide you with a self-assessment tool.

Additionally, the guide includes a [5-day relaxation plan](#) with journaling exercises and a [30-day self-care challenge](#) specifically designed for you to focus on your health and well-being. With this guide, you can begin the journey of healing and reclaiming control over your life. If you would like to be part of a community of people who want to recover from trauma and anxiety, [join the "Recover from Trauma and Anxiety" Facebook Group \(link\)](#).

JOSHUA WAGNER: CERTIFIED HYPNOTIST

I AM HERE TO HELP

I am so glad you downloaded this guide! I have helped thousands of people over the course of my career heal from trauma and anxiety and I hope I can help you, too! I love watching the "miracle" happen for people that I have worked with and I hope to see you get your "miracle," too!



5 SIGNS THAT UNRESOLVED TRAUMA IS RULING YOUR LIFE

You engage in unhealthy coping mechanisms, such as substance abuse or unhealthy behaviors, to try to numb your emotions or avoid dealing with your trauma.

1 Unhealthy coping mechanisms are any behaviors that we use to try to numb or avoid difficult emotions, often as a result of trauma. These behaviors can include substance abuse, unhealthy relationships, overspending or overshoopping, and even self-destructive behaviors like self-harm or disordered eating. While these behaviors may provide temporary relief, they can also have serious negative consequences on our physical and mental health, and can even become chronic issues.



You have developed negative thought patterns or beliefs about yourself, others, or the world.

2 Trauma can have a profound impact on the way we think and perceive ourselves, others, and the world around us. When we experience trauma, our brains may become wired to see danger or threat in everything, leading us to develop negative thought patterns or beliefs about ourselves, others, and the world. These negative thought patterns and beliefs can have a significant impact on our mental health and overall well-being.



You have difficulty setting boundaries or saying "no" to others, and may feel overwhelmed or drained by the demands of others.

3 Unresolved trauma can have a number of negative impacts on our lives, including difficulty setting boundaries and saying "no" to others. When we have experienced trauma, we may feel a strong need to please others or avoid conflict, even at the expense of our own well-being. This can lead us to take on too many responsibilities or commitments, or to put the needs of others before our own.

5 SIGNS THAT UNRESOLVED TRAUMA IS RULING YOUR LIFE

You experience chronic feelings of shame, guilt, or self-blame related to your trauma.

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Experiencing trauma can often lead to feelings of shame, guilt, or self-blame. These emotions can be particularly insidious because they often arise from the belief that we are somehow responsible for the trauma we experienced, even if we had no control over the event. Chronic feelings of shame, guilt, or self-blame can have a significant impact on our mental health and overall well-being.



You have difficulty finding pleasure or enjoyment in activities that you used to enjoy, and may feel detached or disconnected from others.

5

Unresolved trauma can have a significant impact on our ability to find pleasure and enjoyment in life. When we have experienced trauma, we may feel detached or disconnected from others, as well as from our own emotions and experiences. You are no longer finding pleasure in things you used to.



How Hypnosis Helps with Trauma

There is nothing "magical" about hypnosis. It uses naturally occurring processes that you already use as a functional adult. In hypnosis, though, we can detraumatize old memories, stop triggers from making you feel bad and help you to integrate the trauma so it actually becomes useful

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Hypnosis is a Natural Process• Hypnosis detraumatizes old memories• Hypnosis stops triggers• Hypnosis heals wounds• Hypnosis creates new ways of coping• Hypnosis helps you make deep changes | <ul style="list-style-type: none">• You are in complete control of the process• Hypnosis quiets the critical part of the mind• Hypnosis uses symbols and metaphors (The language of the unconscious mind)• Hypnosis is perfectly safe• Hypnosis allows you to integrate, heal, and become stronger |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

5 Signs that Unresolved Trauma is Ruling Your Life

SELF ASSESSMENT

(PRINT PAGE 4)

This Self Assessment is designed to help you determine if any symptoms from unresolved trauma might be present in your life. This is for your own reflection and not intended as a diagnosis of any kind.

Notes

☐

Do you have difficulty managing or regulating your emotions, especially in situations that remind you of negative things in your past?

☐

Do you have difficulty trusting others or forming close relationships?

☐

Do you experience physical symptoms of anxiety, such as a racing heart, difficulty breathing, or feeling constantly on edge?

☐

Do you engage in unhealthy coping mechanisms, such as substance abuse or unhealthy behaviors, to try to numb your emotions or avoid dealing with your things?

☐

Do you have negative thought patterns or beliefs about yourself, others, or the world?

☐

Do you have difficulty setting boundaries or saying "no" to others, and may feel overwhelmed or drained by the demands of others?

☐

Do you experience chronic feelings of shame, guilt, or self-blame?

5 Days of Relaxation with Journaling

DO ONE OF THESE A DAY
AND WRITE DOWN HOW YOU FEEL AFTER EACH ONE.

JOURNAL PAGES PROVIDED FOR YOU TO PRINT ([PRINT PAGES 5-10](#))

Relaxation Technique 1: Deep Breathing

"Take a deep breath in through your nose, and exhale slowly through your mouth. As you continue to breathe deeply, allow yourself to sink deeper and deeper into relaxation. With each breath, feel the tension in your body melting away. As you exhale, imagine any stress or anxiety flowing out of your body, like a cloud dissipating in the sky.

Relaxation Technique 2: Progressive Muscle Relaxation

"Close your eyes and focus on your body. Starting at the top of your head, tensing and relaxing each muscle group as you go. Tighten the muscles in your forehead, hold for a few seconds, and then release. Feel the tension melting away as you move down your body, tensing and relaxing your face, neck, shoulders, arms, hands, chest, stomach, hips, legs, and feet. With each muscle group you release, feel yourself sinking deeper and deeper into relaxation.

Relaxation Technique 3: Guided Imagery

"Imagine yourself in a peaceful, serene place. It could be a beach, a forest, a mountain top, or any other place of your choice that feels calming and soothing to you. As you visualize this place, pay attention to the details. What do you see, hear, smell, and feel? Allow yourself to fully immerse yourself in this peaceful scene, feeling all your stress and anxiety melting away.

Relaxation Technique 4: Affirmations

"Repeat to yourself, "I am calm and relaxed. I let go of all my worries and fears. I am at peace." As you say these affirmations, truly believe them. Feel the calmness and relaxation flowing through your body, filling every cell and fiber.

Relaxation Technique 5: Light

Visualize a warm, soothing light flowing through each part, melting away any tension or discomfort. When you reach the tips of your toes, allow yourself to fully sink into relaxation, feeling completely at peace and at ease.



Tiktok, Instagram, and Facebook: [@Inspiringhypnosis](#)

WWW.INSPIRINGHYPNOSIS.COM

5 Days of Relaxation with Journaling

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Date:

Month:

Year:

How do I feel this morning

How do I feel this evening

Today's affirmation

Best thing happened today

I'm looking forward for

My day is going to be

I'm grateful for

Biggest lesson today

What to watch today

New things I've learnt

What to note for today

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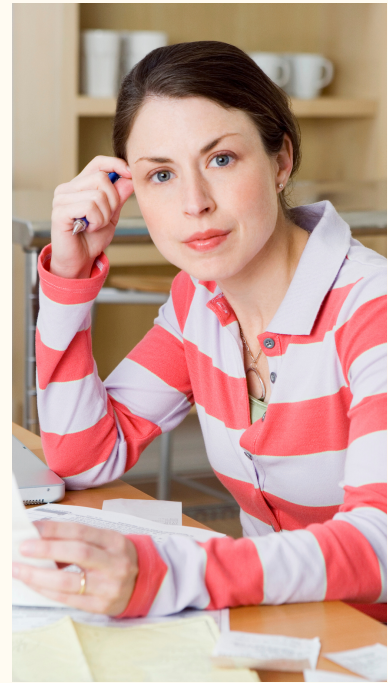
How Hypnosis Can Help You

THERE IS A SOLUTION AND HEALING

Hypnosis is a powerful tool that can help to resolve past trauma, even if you aren't conscious of it. Trauma can affect us in many ways and can be difficult to understand and process. It can manifest in our thoughts, behaviors, and emotions, making it difficult to move forward in life. Anxiety is another issue that can stem from unresolved trauma. Hypnosis has been shown to be an effective tool for treating both trauma and anxiety.

The process of hypnosis involves entering a state of deep relaxation, where the mind is more open to suggestion. During hypnosis, a person is more open to accepting new thoughts and behaviors, which can be used to help resolve past traumas and reduce anxiety. In this state, the mind is more open to new ways of thinking, which can help to change the way a person views their past experiences.

Additionally, Hypnosis is also a good way to create great coping mechanisms. By providing suggestions for healthy ways to manage emotions and stress, hypnosis can help you to better cope with the symptoms of unresolved trauma and anxiety. This can include things like deep breathing exercises, visualization, and mindfulness practices. These coping mechanisms can be used in daily life to help manage symptoms and reduce the overall impact of unresolved trauma on a person's life.



Join my Facebook Community

"RECOVER FROM TRAUMA AND ANXIETY" FACEBOOK GROUP

I would love for you to join my community of like minded people who want to recover from past trauma and current anxiety and live a life of peace, calm, productivity and abundance!!!

Get free group sessions, audio meditations, resources and more!

[JOIN MY FACEBOOK
COMMUNITY](#)

Tiktok, Instagram, and Facebook: [@Inspiringhypnosis](#)
WWW.INSPIRINGHYPNOSIS.COM

30-DAY SELF-CARE

(PRINT PAGE 12)

Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Go on a Leisurely Walk Alone	Declutter 10 Items	Create a Vision Board	Be Good to Someone You Love	Start a New Inspiring Book
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Get a Massage	Detox From Social Media	Do a Random Act of Kindness	Hydrate with 8 glasses of water	Commit to a Day of Eating Healthy
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try Something New	Find a Quiet Spot and Read	Get an Extra Hour of Sleep	Create a Fitness Goal	Meditate for 10 Minutes
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Create a Morning Routine	Unplug for 12 hours	Do something spontaneous	Skip the Added Sugar	Write 3 Intentions for Yourself
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Create a Bedtime Routine	Start Your Day With Gratitude	Identify Three Stressors	Send a "Thank You" Note	Engage in Self-Reflection
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Take a personal day	Call a friend	Give Yourself a Daily Facial	Watch sunset or sunrise	Make a Wish