

5 Signs that A Relationship is in Trouble

*5 Days of Relaxing
Meditations with
Journal Pages*



*30 Day Self Care
Challenge*

5 SIGNS A RELATIONSHIP IS IN TROUBLE



The integrity of a relationship can often be gauged by subtle and overt signs that indicate underlying issues.

Firstly, constant arguments over minor issues indicate not just disagreements but deeper unresolved emotional tensions.

Secondly, emotional or physical distancing, where partners withdraw affection or become indifferent, often stems from unaddressed pain.

Thirdly, the lack of open communication and avoiding touchy subjects can be a manifestation of accumulated trauma, preventing genuine understanding.

Fourthly, the absence of trust, often evidenced by jealousy or secrecy, corrodes the very foundation on which a relationship stands.

Lastly, when partners no longer prioritize each other or make efforts to reconnect, it highlights a waning emotional connection. Relationship trauma doesn't just wound the present; it casts shadows over future interactions and can perpetuate a cycle of pain.

Healing necessitates a commitment to open dialogue, seeking professional counseling, and rebuilding trust step by step., [join the "Heal Relationship Trauma" Facebook Group \(link\)](#).

**JOSHUA WAGNER:
RELATIONSHIP AND TRAUMA EXPERT
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!



FIVE SIGNS THAT ANY RELATIONSHIP IS IN TROUBLE

Small Arguments, Big Messages:

Ah, those little arguments. Like when your sister swears she didn't borrow your favorite blouse, or your coworker insists they didn't touch your lunch.

But when these trivial disputes become the daily norm, there's usually more to the story.

Behind each "small" argument, there's often a pent-up emotion or an unresolved issue.

Diving deep and understanding the real cause behind these tiffs can bring clarity and pave the way to closer bonds.



Pulling Away Isn't Always About Space:

We all need a breather now and then.

But when someone we care about—be it our adult child, our longtime buddy, or even our desk mate—starts to distance themselves, alarm bells ring. It's not always about needing space or being busy; it might be a silent scream for attention or a sign they're dealing with something they don't know how to express.

Recognizing this early and reaching out with an open heart can make all the difference.



When Silence Speaks Louder Than Words:

Ever sat with a close friend and felt miles apart?

Or felt that unspoken tension at family gatherings?

Sometimes, the most deafening conversations are the ones we're not having.

Skirting around the elephant in the room, whether it's a past mistake, a hurtful comment, or just a misunderstood text, can create walls.

Breaking the ice, even if it feels scary, can reignite the warmth and closeness that once was.

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5 SIGNS THAT UNRESOLVED TRAUMA IS RULING YOUR LIFE

Trust Isn't Just About Secrets:

Trust is more than just hoping your friend won't spill your guilty pleasures or that your colleague won't take credit for your ideas.

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It's about feeling secure, valued, and understood.

When trust starts dwindling, even a harmless comment can feel like a jab.

It's about the small, consistent actions—like being reliable, open, and sincere—that rebuild trust brick by brick.



Feeling Valued is More Than Just Words:

There's nothing like the warmth of feeling cherished, whether it's your family making your favorite dinner, a friend checking in on your tough days, or a coworker appreciating your hard work.

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But when that feeling starts to fade, doubt creeps in.

Suddenly, you question your place in their life, wondering if you're just an afterthought.

Small gestures often leave the most significant imprints on our hearts.



Signs a Relationship is in Trouble:

Navigating the intricacies of relationships is a delicate task, as love's tapestry can sometimes be marred by subtle signs of wear. While every relationship has its ups and downs, certain indicators suggest deeper-rooted issues that demand attention. Recognizing these signs early can be crucial for fostering understanding, initiating healing, and ensuring a relationship's longevity.

- **Integrity Gauged by Signs:** Relationships show both subtle and overt indicators of underlying issues.
- **Constant Minor Arguments:** Not just disagreements but indicate deeper unresolved emotional tensions.
- **Emotional or Physical Distancing:** Partners' withdrawal or indifference often results from unaddressed pain.
- **Lack of Open Communication:** Avoiding sensitive topics is a sign of accumulated trauma, hindering true understanding
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- **Absence of Trust:** Jealousy or secrecy can erode the relationship's foundational trust.
- **Decreased Prioritization:** When partners don't prioritize or reconnect, it signals a diminishing emotional bond.
- **Relationship Trauma's Effect:** It impacts the present and casts shadows on future interactions.

5 Signs that Relationship Trauma is Ruling Your Life

SELF ASSESSMENT

(PRINT PAGE 4)

This Self Assessment is designed to help you determine if any symptoms from relationship 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.



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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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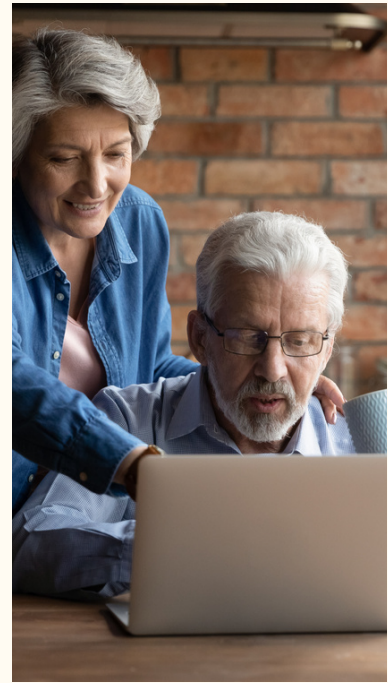
How Hypnosis Can Help You

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

"HEAL RELATIONSHIP TRAUMA" FACEBOOK GROUP

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

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

[JOIN MY FACEBOOK
COMMUNITY](#)

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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