

5 WAYS

TO HEAL FROM CHILDHOOD TRAUMA



Shannon S. Moultrie

Founder of The Conversation



theconversation.info



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Forge New Connections, Find Support



Seeking therapy with a qualified mental health professional, such as a psychologist or counselor, can provide a safe and supportive environment to explore and process childhood trauma.



Different therapy modalities, such as cognitive-behavioral therapy (CBT), EMDR (Eye Movement Desensitization and Reprocessing), or trauma-focused therapy, may be beneficial depending on individual needs.



Group therapy is often helpful for those who may thrive through community. Seeing others vulnerable in a safe space may encourage vulnerability within.



In therapy, you're not alone. It's a place where you can forge new connections, build trust, and find the support you need to navigate life's challenges.





PRIORITIZE SELF-CARE



Question: Are you taking care of yourself?

Engaging in self-care activities such as prayer, meditation, exercise, journaling, or spending time in nature can help regulate emotions and reduce stress levels. Building a consistent self-care routine can provide a sense of stability and empowerment.



Positive self-talk is also a part of self-care. Take time to speak life into yourself and remind yourself that your past does not define your future. This act of self-care can help you reconnect with your inner child or unlock strength you did not know you had inside.



Additionally, seeking support from trusted friends and family, can be an important aspect of self-care. Building a strong support network can provide comfort, guidance, and reassurance during challenging times, ultimately contributing to your overall resilience and happiness.





Establish Healthy Boundaries



Setting and maintaining boundaries in relationships can be crucial for healing from childhood trauma. Learning to assert boundaries that protect one's emotional and physical well-being, and surrounding oneself with caring and understanding individuals, can foster a sense of safety and security.



When you need to take a break away, take a moment and pause. Whether it's from social media, a stressful relationship or a burdensome task, setting boundaries on your time and energy is important to stay in balance and harmony with yourself.



As children, many of us experienced boundaries being crossed, or perhaps had none set at all. Now, it's your moment to reclaim your power by establishing and enforcing them now to help your inner child heal.





Rewrite Your Narrative



You hold the pen to your own story. Your mind is an open letter where you can rewrite your narrative, transforming past pain into newfound strength and reshaping the trajectory of your life with empowerment and resilience.



Now is your moment to unleash your inner warrior. Forgiveness is your superpower – for yourself. Forgive any shame, regret, or self-blame from past abuse or trauma endured as a child. Release the burden of fault and responsibility.



Releasing the pain invites love and self-acceptance to enter. It can also serve as a catalyst, igniting a journey from your past to your desired future. Reclaim your story by embracing practices such as journaling and affirmations, each stroke of the pen and spoken word weaving a new narrative of empowerment and triumph.





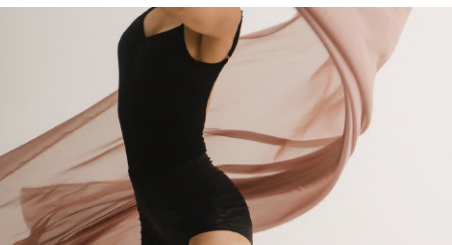
Embrace Healing & Express Yourself



Creative expression offers a powerful avenue for healing childhood trauma. As adults, we often overlook activities that once brought us joy or forget to explore new means of self-expression. Delving into creative outlets such as art, music, writing, or dance can serve as a transformative tool for processing emotions linked to childhood trauma.



Through creative expression, individuals can externalize their inner experiences, gain profound insights, and embark on a journey of healing through self-discovery. This process of engaging in activities helps individuals learn to trust their instincts and intuition, ultimately leading to a greater sense of well-being.



Give your inner child the peace it desires by engaging in activities that set you free creatively.





The Conversation
is here to **support**
you along your
healing journey.

You Matter to Us.



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