

5 VOICES OF CHILDHOOD TRAUMA



**The Voice Who Wants To Keep
Everything Under Control**

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Controlling, Organized, Efficient, Hyper-Vigilant

This voice is:

- impatient and disrespectful of emotions
- acting as normal as possible so people don't figure out the truth
- focused on success, status, trophies and winning
- obsessed with order and acceptance by others and society
- dependent on order

This voice sounds like:

- emotions are dangerous and destructive
- if you deviate from the rules, bad things will happen
- this is how it has to be done
- stop wasting time and focus

This voice might:

- choose busyness over passion
- choose a partner who responds to control and manipulation
- choose money over happiness
- be a scheduling queen/king
- struggle with spontaneity and risk
- feel anxious with new experiences

Emotions/Feelings:

- anxious
- manic
- driven
- overwhelmed
- overworked
- perfectionism

WORKSHEET

List three examples of life situations when this voice is loudest

I hear this voice when:

1. _____

2. _____

3. _____

What does this voice tell me to do most often?

What does this voice tell me to stop doing?

How does the advice from this voice help me in life?

How does the advice from this voice hurt me in life?

What are the most common emotions and feelings I experience when I hear this voice?

Do I always listen to this voice?

Yes

No

If not, what do I hear that has a stronger influence?

What do I think would happen if I stopped doing what they told me?

Try to write what this voice has to say ...
