

5 VOICES OF CHILDHOOD TRAUMA



**The Voice Who Wants To
Explore And Be FREE**

The Voice Who Wants To Explore Break The Rules And Be FREE

*Rebellious, Troublemaker, Adrenaline Junkie,
Addict, Purpose Driven, Bold*

This voice is:

- in direct opposition to anyone or anything trying to control them
- feels hopelessness because of their constant unsuccessful fight for freedom
- will live authentically, no matter the cost

This voice sounds like:

- you can't tell me what to do
- it doesn't matter if we get everything done. It won't make a difference
- I want to do what I want to do and not what others want
- we can wait; it isn't time yet
- others will reject us no matter what we do
- why don't I just focus on feeling better now instead of the future
- anyone who wants me to change or do something different is dangerous and controlling

This voice might:

- defy authority
- sabotage your goals
- become addicted
- follow their own path no matter what the consequences
- live outside the norms of society
- get in trouble with the law
- be an adventurer
- choose to be alone rather than with the wrong person/people

Emotions/Feelings:

- apathetic
- misunderstood
- angry
- disconnected
- driven
- reckless
- righteous
- hopeless

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?

[illegible]