

5 VOICES OF CHILDHOOD TRAUMA



**The Voice Who Doesn't
Trust Others**

The Voice Who Doesn't Trust Others

Wary, Watchful, Worrying, Vigilant, Cold

This voice is:

- trying to find freedom from conformity and control
- going to cut off any relationship if they feel they can't be themselves
- going to cut you off from anyone or anything that threatens you
- creating situations to keep you isolated

This voice sounds like:

- this person is trying to control me so I must end this relationship
- this person will never listen to my boundaries so I should cut them off
- people aren't trustworthy
- it's only a matter of time before they try to control me
- it's only a matter of time before they betray me

This voice might:

- end friendships for little reason
- choose to live alone
- hurt others rather than be hurt
- leave relationships abruptly
- appear aloof
- not socialize much
- not trust others
- see betrayal everywhere

Emotions/Feelings:

- isolated
- superior
- anxious
- hyper-aware
- alone
- rejected
- 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?

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.