
Shame Reduction Meditation Exercise|Inner Child Healing| Trauma Recovery Script

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Identification:

Identify a past traumatic experience that happened to you between the ages of 4 and 18, that made you to feel unbearable shame. If you have many of these traumatic experiences, work first with the one that happened first in early childhood that you could remember.

The human resiliency and sense of empowerment is connected to our ability to defend ourselves when in danger. When we are traumatised and are unable to defend ourselves, our undischarged survival energy becomes frozen within us. The fight/flight nervous system gets jammed to the ON-switch polarity of constant hyper-arousal or OFF-switch polarity of total numbness and shutdown, allowing the toxic shame of our trauma to totally binds all our positive emotions and life-force.

Activating your inner pathways:

Once you have identified the traumatic event. Take a deep breath. Close your eyes if safe to do so, and if it does not trigger you. Otherwise, keep your eyes open as you switch on your imagination. If your eyes are open, you can enter into your imaginative state by identifying a spot above your eye level, and fix your eyes to that spot as you listen to the sound of my voice.

Visiting the scene:

Now travel back in time to that past traumatic experience. Visualise yourself in that scene, along side everything and everyone that was there at the time of the initial trauma. Visualise yourself in that scene at the same age that you were when that trauma happened.

Feeling the feelings:

Now, it's time to feel those feelings of shame, fear, disgust, emptiness, depression and anger that you felt on that day. Do not resist. It's time to allow those feelings to wash over you as though you were having a shower. Do not run away from yourself or shut yourself off the feelings. Notice the negative physiological responses of your body to these negative feelings. But do not runaway or shut down. Do not dissociate. Rather be in the present moment, feeling the feelings. You must be present fully in this space of toxic shame. You can never leave a place that you have never fully been. This is the time to be here... right now...as you flood yourself with the uncomfortable, unbearable feelings of your toxic shame. This is also an opportunity to grieve out those repressed, frozen emotions of trauma. If you feel like crying or emoting (being emotional), go ahead and do that as you visualise your vulnerable helpless self who was subjected to this unbearable shame and trauma. When you feel these feelings genuinely without splitting or shutting down, you allow your brain to fully integrate them as part of your autobiographical narrative. This is crucial for healing.

Anchoring:

Now, it's time to anchor this negative emotionality. Touch your right thumb with your little finger (your pinky) and take a deep breath. In this way, you anchor these negative feelings to show that you were fully present within the deepest part of your pain and trauma .

By anchoring your grief reactions, you can use this to measure your somatic negative responses when exposed to this negative scene in the future, as a way of measuring your recovery. Whenever you activate your anchor, and you no longer re-enact your traumatic symptoms by getting triggered off, even though you went to the place of pain, this could be a sign of recovery.

Take as much time as possible to grieve if you feel like your body or mind wants to do so. Once there is a slight relief, then, you can open your eyes.

Gathering your positive resources as a resilient adult:

Now, identify three resources that you now possess as an adult that can help you to defend yourself adequately if traveled back in time to the initial traumatic scene as an ADULT. If you go back as an adult (not a child), what do you

currently possess that can help you to defend yourself? For example, it could be your ability speak and express yourself or your physical strength to ward off the abuser or your current robust support networks that can come to your aid.

Travelling back as a resilient self:

Once you have identified three resources for your defence, close your eyes, it's time to defend the inner child and repair the fight/flight nervous system. Take a deep breath and travel back to the traumatic scene as an adult. Bear in mind that the rest of the people involved still maintain the same ages and sizes they were when the trauma happened. You are the only one returning as a transformed being with more resources.

Defending your helpless inner child:

Now, it time to offload your repressed emotions unto those people involved. Now, say what you could not say as a child. Express your feelings uncensored, taking the perpetrators involved one person at a time (if there are more than one persons involved). Do not hold back. Continue to verbally ventilate. Remember, often times, it is not what life throws at us that breaks us, it is our inability to protect ourselves, our

unspoken emotions and unexpressed anger towards the perpetrators. It is your time to get everything out of chest.

Go ahead and verbally ventilate.....emote.....and direct your justifiable anger towards the aggressors. You have a right to mobilise your natural fight response for self-defence. You have a right to have boundaries. You have a right to express your full feelings and be true to yourself, regardless of who the aggressor was. You have a right to set limits. You have a right to repair your broken fight/flight nervous system. This is what you are doing right now. Keep on verbally ventilating.....keep on going.....keep on going.....this is necessary for your healing and resilience.

Anchoring:

Now that you are feeling fully alive and in control of this situation, anchor this resilient and embolden endeavour. Touch your right thumb with your index finger and hold them in place as you continue to feel that sense of resilience and empowerment over this situation. Whenever you are faced with a challenge aimed at evoking toxic shame at you, touch your thumb with your index finger and say the following within you; *It does not matter what you say or do to me, I am still a worthy, resilient, loveable and empowered human being.* This is your anchor that will continue to elicit the same positive energy of empowerment into your neural-physiological pathways, just as you feel right now.

Pass the toxic shame backward:

Now, once you have totally emptied your repressed feelings and emotions and have finished speaking out and be heard, it is time to do one of the most important exercises of this shame reduction work - pass your shame and other self-destructive feelings of trauma **BACKWARD**. If you do not pass them backward, you will continue to pass them forward.

Repeat the following assertive declarations:

This toxic shame is no longer mine, I now leave it with you. It was never mine, but was unduly forced upon me by your cruel actions. Now I pass it back to you. It is now all yours. I give it all back to you. This toxic fear is no longer mine. It is now all yours. I pass it backward. It was never mine. It is no longer mine, take your toxic fear now. Take your toxic inferiority complex now. Take your toxic feelings of unworthiness, apathy and emptiness now, I pass all of them back to you. Take the toxic feeling of depression back. It is no longer mine. They are for you to keep. I am free from them all.

Continue to give back all the negative emotions and other negative defences that you have acquired as a result of the trauma, such as, low confidence, insomnia, OCD, anxiety, panic attacks, IBS, inflammation-based conditions, faintness, substance abuse, palpitations and others symptoms.

Rising above your old negative emotions and defences:

Once you have finished passing it backward, it is time to take a deep breath and visualise rising above all the negative things you have passed backward. Imagine yourself lifting up and rising above them, as you move onto a higher ground of peace, courage and resilience. This is your new resilient self. This is your new empowered and free self.

Re-orienting:

Now take a deep breath and blow it out gradually through your mouth. Then when you are ready, you can open your eyes. You are now free from the negative symptoms and emotions of toxic shame produced by trauma. Anytime anyone or circumstance threatens to recreate your old toxic shame or guilt or fear, activate your anchor for reliance and repeat your affirmation: *It does not matter what you say or do to me, I am still a worthy, resilient, loveable and empowered human being.*

This is your new natural state - calmness, courage, relaxation and resilience with greater self-confidence and self-compassion