Exercise and Visualisation for Renegotiating Trans-Generational Trauma Exercise (Family History Work)

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Introduction:
Trans-generational trauma, or intergenerational trauma is a psychological theory that finds that trauma can be transferred in between generations. After a first generation of survivors experiences trauma, they are able to transfer their trauma to their children and further generations of offspring. Symptoms of intergenerational trauma are consistent with the symptoms of PTSD that the initial person who experienced trauma exhibited. (Weinberg & Cummins, 2013; O’Neill, L., et al., 2018; Duad, A., et al., 2005)

Activity:

1. Write down your three major fears in life that you have over time subconsciously and consciously replayed in your mind.
2. Imagine that somebody else is having these fears. What will be the worst case scenarios in their lives if these fears get worse and are never resolved?
3. Write your answer down in details.
4. Now, analyse the CORE words and expressions in your answer; for example, words such as ‘alone,’ ‘homeless,’ ‘disease,’ ‘death,’ or expression such as ‘I will never be able to recover…’, etc.
5. Now ask yourself this question; did anyone in my family carry a similar story as my worst case scenario description above?
6. Looking at my CORE words and expressions, did they describe the fate of anyone in my family history?
7. Whatever you come up with could give you an idea whether or not you are carrying some trans-generational sufferings or traumas.
Visualisation Exercise for Renegotiating Your Trans-Generational Trauma

1. Find a comfortable position and close your eyes.
2. Building on the exercise above, imagine yourself in the presence of the relative in your family history that you have identified to have carried the traumatic burdens that you are seeing in your own life. It does not matter if this person is dead or alive.
3. Now show genuine compassion and empathy towards the ordeal they had to endure throughout their life. Tell them that you understand how hard they had suffered as you are currently sharing in the emotional, psychological and physical burdens of their trauma.
4. Tell them that you feel deeply for their sorrows and negative life experiences and everything they had to go through.
5. Let them know that you do not hold them responsible for your own current suffering because you understand that it is possible that they themselves inherited some or most of the traumas that complicated their sufferings.
6. Now, ask them if they are happy for you to move on with your life by breaking free from the trans-generational traumas that bind you together.
7. Pay attention to the answer that you get back through your internal channels; intuitive knowing, feelings, imagination, sensory perceptions.
8. If the answer is no, ask them what they are afraid of if they let you off the trans-generational sufferings. Continue to
reassure them and help them through any fear they may have until you get a go ahead.

9. Refuse to get angry or frustrated if the answer is not YES straightaway. Consent, compassion and mutual agreement are the rules of thumb here.

10. Now take a deep breath and imagine your trans-generational suffering being severed. And imagine the winds blowing away from you and you are set free totally. Experience this freedom in your mind whichever way your mind wants to celebrate it.

11. You can always revisit this exercise anytime you feel the thread might have been attached to you again, especially during the early stages of the separation. Check in and ensure that you remain unblended until the separation becomes permanent.
References

