

ORIGINAL WOUNDS & GROWTH

TYPE	ORIGINAL WOUNDS	SUPER POWERS
1	Humiliation, criticism	Perfecting
2	Rejection, abandonment, neglect	Nurturing
3	Rejection, scorn, contempt, disregard	Aspiring
4	Desperation, abandonment	Validating
5	Limitation, intrusion	Teaching
6	Conflicting orders, threats	Serving
7	Forced happiness, limitations	Linking
8	Mistreatment, neglect	Leading
9	Conflict, rejection, neglect	Being present



AN OPEN WOUND	AN OPEN HEART
• Relating from a place of lack.	★ Relating from a place of wholeness and fullness.
• Walls for protection.	★ Boundaries out of respect.
• You are your painful emotions which were caused by someone else.	★ I am multi-faceted. My painful emotions give me the opportunity to heal, grow and move forward.
• Emotionality and reactivity.	★ Sensitivity and vulnerability (trust & honesty).
• Control, oppression, submission, victim.	★ Surrender, openness, receptive, grateful.
• Feeling stuck.	★ Feeling playful and creative.
• Feeling superior or inferior.	★ Seeing eye-to-eye.
• Complaining.	★ Speaking my truth.
• Vain and arrogant.	★ Radiant and beautiful.
• Forgiveness is a line to cross.	★ Forgiveness is a path to take.



Nurturing your own flame
 Accepting where you are in order to move forward
 Grieving and letting go of the past
 Developing healthy boundaries
 Learning about yourself
 Redefining love
 Deciding on a different path
 Gathering resources
 Feeling safe
 Naming the unacceptable behavior