

IMAGINE carrying a backpack filled with all the things that have hurt you. Maybe these are grudges that you hold, an ex-lover that shattered your confidence, a parent who hurt you, or a memory of being abused by a loved one who was supposed to protect you.



MOST of the time you are able to go about life normally, but you are always carrying this backpack.



SOME people become so used to their metaphorical backpacks they forget what it was like not to carry this weight around. You become used to being tired all the time. You disconnect from your body so that you no longer notice the tension you carry. You may notice that you have a harder time remaining patient on days that are full of stressful things.



EVEN though you may be used to living this way, this added weight is still impacting you. Sometimes it makes your back hurt, rounding your shoulders over time, or makes it more difficult to pick up the things you actually want to carry. Overtime, you may have a harder time finding energy for work, friendships, and loved ones.



YOU may develop a high pain tolerance so that you can continue to carry this heavy, heavy load rather than find a way to put it down... because you don't know if you ever will be able to put it down and separate from your trauma. But, you are not your backpack, just like you are not your trauma.



PERHAPS your memories are so frightening and overwhelming, that you keep them locked tight, afraid that letting them out will be too much for you to handle. The few times you have peeked inside, it's been painful, reinforcing this fear.

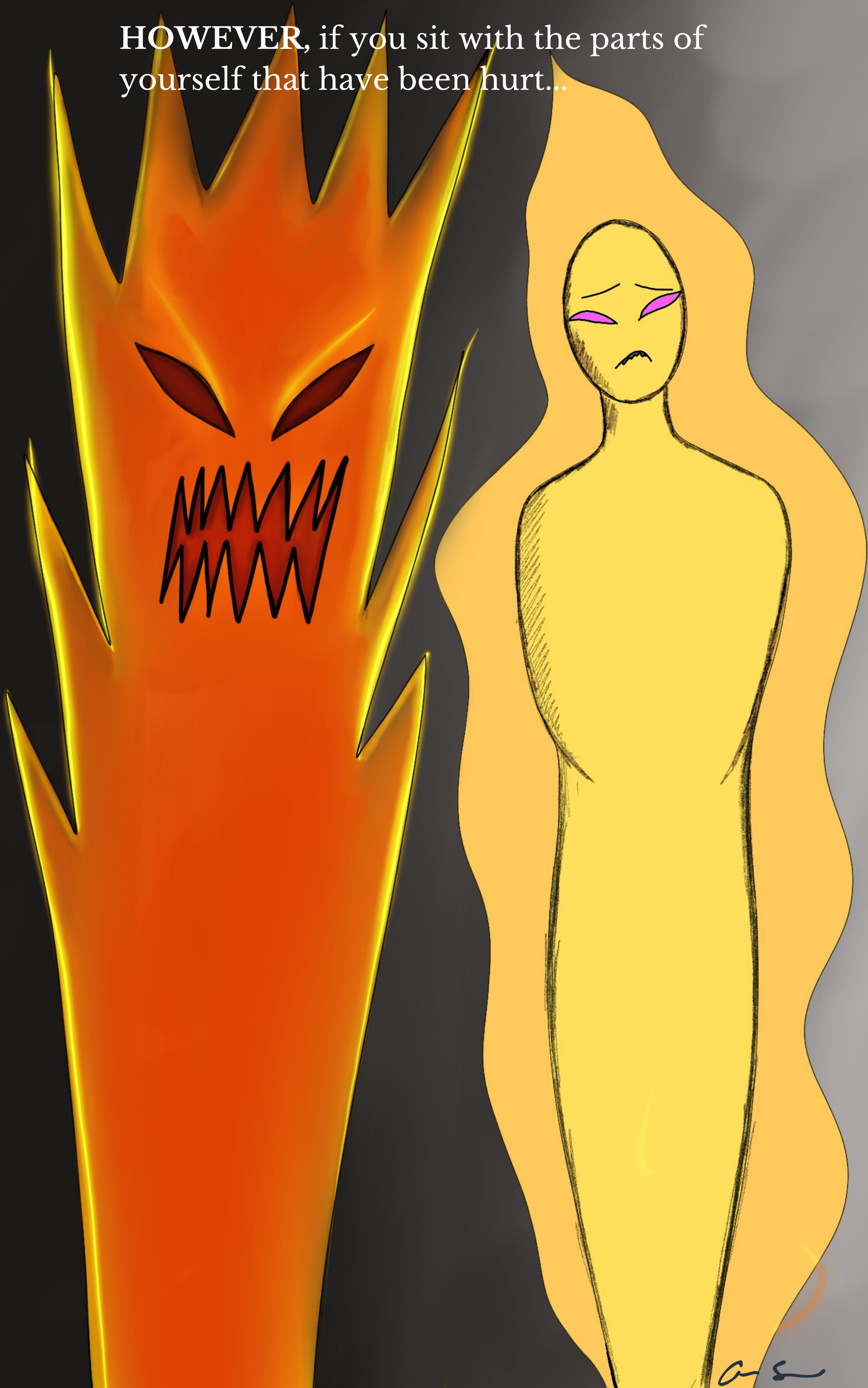
The problem with keeping something locked away tight is that you're doing the exact opposite of making it go away. You're keeping it bound to you.



CHOOSING to unpack your trauma is often frightening at first. You are unleashing old wounds that can feel just as scary as when you were first hurt.

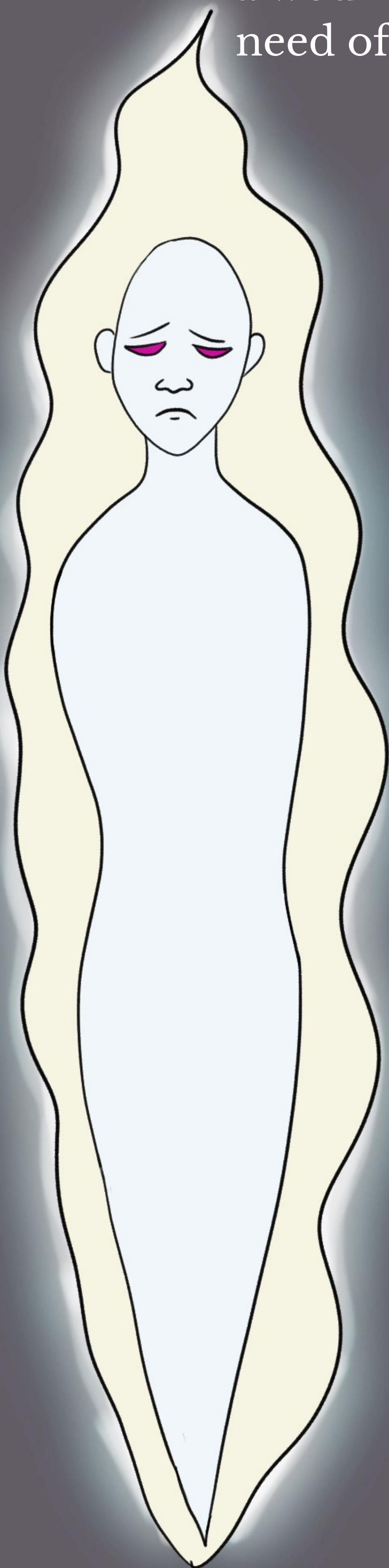


HOWEVER, if you sit with the parts of yourself that have been hurt...



as

..IF you begin to show this part of you
compassion and kindness, you will begin to
see this part transform into what it really is:
a wounded and vulnerable part of you in
need of love.



as

GIVE this part of you the love and kindness you deserved at the time.



WITH time, you can begin to walk with your wounded parts rather than carry trauma .

