

Personal Power Wounds	Betrayal	Intrusion	Domination	Exploitation	Insecurity
Belief about others	People will betray me, let me down	People will get too close or step on my boundaries	People want to control me or run my life	People will use me, manipulate me	People are dangerous, people will hurt me
Belief about myself	I am betrayed, I can't trust	I am trapped, smothered	I am powerless, weak, helpless	I am used, exploited, burdened	I am unsafe
Reprogram with :	I can trust	I have choice, I have freedom	I am empowered, I have control	I am valued, I am honored, I am respected	I am safe, I am protected

Connection Wounds	Rejection	Abandonment	Neglect	Invisibility
Belief about others	People will reject me, dislike me	People will leave me, will abandon me	People don't care about me	People don't understand me, people don't really know me
Belief about myself	I am rejected, disliked, excluded, I don't belong	I am alone, abandoned, disconnected	I don't matter, I am unimportant, I am neglected	I am unseen, unheard, misunderstood
Reprogram with :	I am included, I am accepted, I belong, I am appreciated	I am together, I am connected	I matter, I am important, I am cherished, I am supported	I am seen, heard, understood

Self Esteem Wounds	Deficiency	Worth	Guilt	Shame	Judgment
Belief about others	Nobody can respect me	Nobody can value me	People will be harmed or hurt because of me	People will shame me or laugh at me	People will judge me negatively
Belief about myself	I am defective, smthg is wrong with me	I am unworthy of respect, care, love.	I am guilty, bad	I am shameful, stupid, disrespected	I am not enough
Reprogram with :	I am normal, I am human, I can respect myself	I am worthy, I am deserving of respect, care and love.	I am innocent, I am human	I am smart, I am wise, I deserve respect, I am capable, I am competent, I can be proud of myself	I am enough