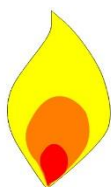


## ORIGINAL WOUNDS & GROWTH

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



OPEN WOUND	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