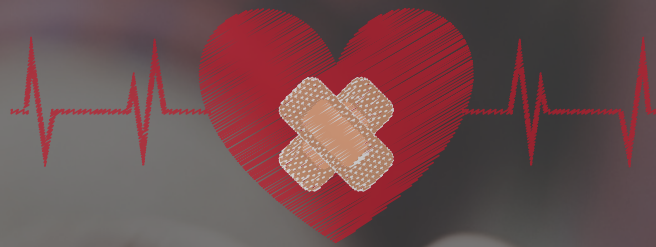


CORE WOUND INVENTORY WORKBOOK

THE CUT & THE CURE



In this prescriptive workbook, learn how your core wounds may be affecting your relationships so that you can develop new skills to heal them with love.

BY MONIKA HENDRIX

WWW.MONIKAHENDRIX.COM

TRAUMA RECOVERY | RELATIONSHIPS | LEADERSHIP

MEET MONIKA



MONIKA HENDRIX, CTRC

Trauma Recovery Expert

Monika Hendrix is a certified trauma recovery coach. Her life mission is to help heart-led men and women learn how to cultivate meaningful, healthy relationships, step into their soul purpose and experience a life of liberation from the effects of their past trauma.

As a trauma survivor herself, she recognizes the safety and empowerment that trauma informed principles bring to her practice. Through her own healing process, she was able to make peace with her traumatic past and find new joy in her present. She uses a blend of her own life experience coupled with her expertise as a coach to facilitate healing for her clients at the deepest level while at the same time guiding them towards their goals.

Her trainings and certifications include coaching with a focus on trauma informed care, reiki, sound therapy and various healing methods used in the shamanic traditions. Today, Monika is currently working on writing her first book and devotes her time to her loved ones, her clients and her passions.

WHAT ARE CORE WOUNDS?

Your core wounds and unmet needs are the unresolved emotional traumas of your past.

They are present in just about every human being to some degree, and if left unaddressed, they can wreak havoc on your most intimate relationships.

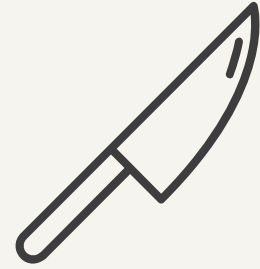
In this simple workbook, we are going to take an inventory of your specific core wounds and explore their origin so that you can take the proper steps to process and integrate them.

In completing this workbook, you're going to gain a new outlook on yourself, and your relationships. You'll be able to fearlessly meet, address and assess your core wounds so that you can move forward with your healing process.

My goal, is to help you feel empowered as your fully embodied and expressed Self in your intimate relationships so that you can experience the fullness of love.

Let's begin....

THE CUT



1

THE ABANDONMENT WOUND

Story: "It's not safe to love because they always leave me."

2

THE REJECTION WOUND

Story: "I am flawed and people don't want to get to know me."

3

THE SHAME WOUND

Story: "It's not safe for me to express myself."

4

THE WORTHINESS WOUND

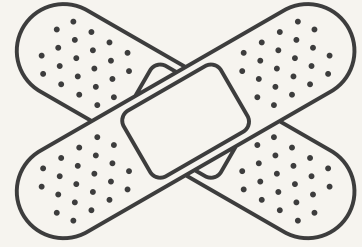
Story: "I am imperfect and flawed."

5

THE JEALOUSY WOUND

Story: "I am inadequate, therefore I need something/someone outside of myself to validate me."

THE CURE



1

THE ABANDONMENT WOUND

Belief: "I am whole and complete and it feels good to love with my whole heart."

CURE: DEVELOPING INNER SECURITY

2

THE REJECTION WOUND

Belief: "I am perfect, exactly as I am and I trust that the right people will develop a connection to me."

CURE: INCREASING SELF-ESTEEM

3

THE SHAME WOUND

Belief: "I am proud of who I am and it is safe for me to express myself."

CURE: RADICAL SELF-EXPRESSION AND ACTS OF COURAGE

4

THE WORTHINESS WOUND

Belief: "My best is good enough and my worst is still okay."

CURE: LETTING GO OF PERFECTIONISM

5

THE JEALOUSY WOUND

Belief: "Everything that I need is within me. I trust that what is meant for me will always show up for me."

CURE: RADICAL SELF-ACCEPTANCE

EXPLORING THE SELF

A core wound is a wounded part of your being that causes you to create and attract painful experiences that feed the wound.

A core wound is caused by one or more painful experiences that define who you believe yourself to be. Some common core wounds are:

The Abandonment Wound

The Rejection Wound

The Shame Wound

The Worthiness Wound

The Jealousy Wound

We will explore these 5 common core wounds in the following pages. You will write about each one as it relates to your life story, and answer specific questions.

To begin, start to think about which core wounds are the most relatable to you based on the ones listed above.





**We are born in
relationship, we
are wounded in
relationship,
and we can be
healed in
relationship."**

-

Harville Hendrix, Ph.D.

TRIGGERS!

Ouch. You know when they come up. You feel them. Sometimes they feel like a heaviness in your belly; like a wave of uneasiness washing over you....

Sometimes they fester into your heart. They pierce right through, and linger there long after the initial wound was made.

It's almost natural to want to push those feelings down, to reject them and push them away and say "I'm not doing this right now."

Naturally, you want to suppress them.
You want to get right back to your "high-vibration."

DON'T.

Stay there. Stay in that uncomfortable space. Instead, of rejecting those feelings, notice them. Feel deeper into them. Sit with them. Become fully aware of them. Explore them.

Scenarios:

Is it anger?

Why are you so angry? Most likely, underneath that anger is fear. Fear of not being good enough, of not having enough, of not doing enough, of not getting "there" fast enough.

Is it jealousy?

Why are you comparing? Why are you jealous? Is it because YOU want the attention all for yourself? Why can't you give yourself the attention you're seeking?

Or, is it because you have unhealed wounds stemming from the day your little brother/sister was born, and all the attention from your parents was suddenly taken from you....

Ahhh, maybe that's it. So now you feel like you have to compete for love...

Is it disgust? Why are you allowing others to rent so much space in your head? Since when did you decide that it's okay to turn your power over to outside influences? Go deeper. What is it that you're avoiding? Is there something in them/it that reminds you of someone or something that hurt you in the past?

Once you identify the underlying cause, you can begin the process of working through and releasing those uncomfortable feelings.

I encourage you to get comfortable being uncomfortable. Next time you're triggered, practice what I call the "power of the pause" - take a deep breath and lean fully into the feelings that come up. Identify them, and thank them for showing up. You may be pleasantly surprised to find that once you start to view them objectively, they almost always begin to diminish.

LIST YOUR COMMON TRIGGERS:

THE ABANDONMENT WOUND

Q+A SECTION

There are many practices you can begin to incorporate into your life to heal your abandonment wound. I developed the following methods and practices to assist you in healing this wound.

Let's dive in....

PRESENCE: The first practice in healing abandonment trauma is to become fully present in the moment. BREATHE and be here now. Practice being present on a daily basis, and make a commitment to catch yourself when your mind starts projecting too far off into the future. Use the space below to answer the following questions. Use additional paper if necessary.

1. In what ways can I be more present in my day-to-day activities?

2. How would being present affect my life and relationships?

3. How might it feel if I were able to live and experience every moment fully present?

THE ABANDONMENT WOUND

Q+A SECTION

(Continued)

TRUST: If you have a strong core abandonment wound, it's going to be extra important for you to develop a healthy attachment style as you heal. Security will grow as you learn to trust yourself. Some ways you can re-establish trust in Self are:

By honoring your intuition and trusting your instincts.

By developing new, healthy habits and sticking to them over a long period of time.

By exploring your boundaries and setting them.

Use the space below to answer the following questions. Use additional paper if necessary.

1. In what ways have I recently demonstrated that I am honoring my intuition?

2. What are some of my daily habits? Am I being consistent with them? How can I be more consistent in keeping up with my habits and commitments? Which daily habits are no longer serving me and why?

3. What are some of my personal boundaries? What are some of the ways that I've been enforcing them? Which ones might I eliminate as I heal and why? Which ones might I choose to keep and why?

THE CUT & THE CURE

THE ABANDONMENT WOUND

Q+A SECTION

(Continued)

EMPOWERMENT: Empower yourself through different practices (breathwork, meditation, affirmations) so that you can start to feel comfortable and confident when you are alone, without the reliance of attention and affection from others. Your language style can also become a powerful ally as you learn to empower yourself. Some words/phrases to eliminate from your vocabulary are: "should", "but", "I don't know", "have to", "going to", "kinda".

Use the space below to answer the following questions. Use additional paper if necessary.

1. What are some of my favorite empowering affirmations? Am I reciting them daily?

2. What are some rituals I can incorporate into my daily routine that feel good, raise my vibration, and allow me to feel confident?

3. What are some of the ways that I've empowered myself recently? *Hint- You completing this workbook is one of them!*

THE ABANDONMENT WOUND

Q+A SECTION

(Continued)

BELONGING: As humans, we all long to feel seen, heard, and understood. We all yearn to be accepted for who we are. We all want love. A sense of belonging is necessary if you want to heal your abandonment wound. It's important to develop that sense within yourself first, and then with others. Think back to when you were a teenager in high school. Remember all of the cliques? Think back to how it felt when you felt accepted or rejected by your peers. As an adult, you must learn to accept yourself, love yourself, and align with your values so that you can attract the people who align with YOU. No more "fitting in with the crowd!" It's time to align with others who see and honor the REAL YOU.

Use the space below to answer the following questions. Use additional paper if necessary.

1. When I was growing up, who did I want to be like and why?

2. Now that I'm grown up, am I being true to myself?

3. An ideal social community for me looks and feels like:

THE CUT & THE CURE

THE REJECTION WOUND

Q+A SECTION

When we are children, it is imperative that we develop self-esteem. Esteem stands alone in its power. When you have self-esteem, you will never reject your Self. When you are incapable of rejecting your Self, other people will be incapable of rejecting you. This particular wound usually stems from a childhood trauma that you experienced where you were left feeling rejected by a parent, peer, or teacher. As children, we develop agency by feeling seen and understood by our loved ones. If they reject us, we develop low self-esteem and we begin to reject ourselves. We view ourselves as flawed and incapable of being loved. If you have this wound, you may be unconsciously looking for your partner to reject you so that you can affirm your undesirability and unworthiness.

Use the space below to answer the following questions. Use additional paper if necessary.

1. As a child, did any of my caretakers or teachers reject me? If yes, what was that experience like?

2. As a child, did I feel accepted by your caretakers and peers? Why or why not?

3. In my past and present relationships, did/do I feel fully accepted by my partner? Why or why not?

THE CUT & THE CURE

THE REJECTION WOUND

Q+A SECTION

(Continued)

4. Do I fully accept myself? Why or why not?

5. What are some ways I can build my self-esteem?

6. What would change in my relationships if I were to embody high self-esteem? Why?

7. What are some examples of what healthy, connected relationships feel like? List and describe.

THE CUT & THE CURE

THE SHAME WOUND

Q+A SECTION

Deeply rooted shame can wreak havoc on your emotional health and relationships if you choose to hold onto it. If you carry shame, you most likely don't accept yourself. Shame is characterized by a belief that you are "bad." Carrying shame means carrying a distorted sense of yourself as being unworthy, damaged, or a failure. This is the complete opposite of radical self acceptance.

Shame wounds can be deeply rooted inside your subconscious mind and usually stem from childhood emotional abuse.

When your inner critic berates you for being lazy, useless, or stupid, you can bet that it's stemming from your unhealed shame wound.

One of the easiest ways you can start to heal your shame is by avoiding "shoulds."

The goal is to ELIMINATE them from your vocabulary.

Saying "I should" is a way of pushing perfectionism on yourself and rejecting your authentic presence.

Example:

"I should be over him/her by now."

"I shouldn't have tried that."

"I should have been more involved."

When you say or think about "shoulds", I invite you to instead take a step back and focus on self-acceptance.

There is no room for shame when you are operating from a place of self-acceptance.

Use the space below to answer the following questions. Use additional paper if necessary.

1. Imagine shame as a bully. How does it feel when the "shame bully" puts me down?

THE CUT & THE CURE

THE SHAME WOUND

Q+A SECTION

(Continued)

2. When I feel shame, do I hide my true feelings to avoid embarrassment? How and why?

3. How does shame show up in my life today?

4. What am I willing to do to release my shame wound?

5. What will help me overcome my shame?

THE CUT & THE CURE

THE WORTHINESS WOUND

Q+A SECTION

"I'm not enough" is one of the most common core wounds in human beings. It usually stems from a childhood trauma. Perhaps you didn't live up to your parent's expectations. Perhaps a teacher scolded you in class when you answered a question wrong. Perhaps you were involved in athletic competitions and never felt like you performed well enough for your coach. If you have this wound, we must cancel it now so that you can step into your fullness and live your life as your fully expressed and fully exalted Self. Internal fulfillment begins the moment you decide you are enough.

It's a conscious decision, and it's one that you can make any second of any minute of any hour of any day. Every time you seek external validation you are reaffirming your "not enough-ness". Not only that, you're unconsciously blocking the life experiences you deeply desire from showing up in your physical reality. No person, place, thing, degree, amount of \$, relationship status, destination, etc. etc. etc. is ever going to pour true fulfillment into your soul.

You have to give that fulfilling feeling to yourself, and you have to ground into the present while you embody that fullness.

Use the space below to answer the following questions. Use additional paper if necessary.

1. In what ways am I still seeking external validation? Why?

2. What can I do to feel more fulfilled? *Example: find a new job, travel somewhere you've always wanted to visit

3. What does inner fulfillment mean to me?

THE CUT & THE CURE

THE WORTHINESS WOUND

Q+A SECTION

(Continued)

4. What am I proud of myself for?

5. What am I no longer willing to tolerate, from myself and others?

6. Do I believe I am enough? Why or why not?

7. Do I rely on my partner to fulfill me in any capacity? If so, how?

THE CUT & THE CURE

THE JEALOUSY WOUND

Q+A SECTION

Jealousy is a primal part of human nature. It stems from feelings of inadequacy, and it is rooted in the fear that you will lose something that you have. You may feel vulnerable about losing the attention or feelings of someone close to you if you're jealous. By definition, it is mental uneasiness due to suspicion or fear of rivalry or unfaithfulness and may include envy when our rival has aspects that we desire. If left unaddressed, this wound will inevitably destroy your relationship.

Use the space below to answer the following questions. Use additional paper if necessary.

1. In what ways have I displayed my jealousy? Why have I been jealous?

2. Do I feel that I am deserving of love from my partner? Why or why not?

3. How can I create healthy self-esteem and inner security? Why is this important for my relationships?

THE CUT & THE CURE

THE JEALOUSY WOUND

Q+A SECTION

(Continued)

4. How does my jealousy impact my relationships, past and present?

5. In what ways do I compare myself to others?

6. How will increasing my self-esteem help heal my jealousy wound?



THE CUT & THE CURE

CORE WOUND QUIZ

Question 1

Where do core wounds come from?

Answer Here

Question 2

How do my core wounds affect my relationships?

Answer Here

Question 3

Do core wounds impact all of my relationships? (Not just the romantic ones.)

Answer Here

Question 4

Can core wounds heal on their own?

Answer Here

CORE WOUNDS & THE SHADOW SELF

The shadow self is the lower self, also known as the disowned self. It consists of negative emotions like greed, jealousy, selfishness, lust for power...etc.

When you observe one of these lower emotions, instead of pushing it away, I invite you to lean into the feeling and explore these "darker" aspects of your personality.

Let's take jealousy for instance. I'll paint you a little dialogue/scenario so that you can understand what I mean when I say "lean into"...

Let's imagine that you're a jealous ex girlfriend (or boyfriend) for a moment.

It's been a year since you broke up with your ex. You've moved on, and you both are living separate lives. You feel as though you've really healed since the break up and you rarely think about them anymore. Then, one day, you're scrolling through your social media accounts and you come across their profile photo. But wait-it isn't just THEIR photo you see- You see them in a photo with their arms wrapped around someone new. All of a sudden, you feel a flash of heat move through your body. Your stomach turns as you continue to scroll through their photos, looking at how happy they seem with their new partner.

Why do you feel like this? It's been a year! A whole year! Why is this bothering you?
Admit it-you're jealous.

Ok. Now that we've identified what you're feeling, let's dig....

Q:Where is this feeling coming from?

A: "He/she looks so happy without me!"

Q:Why does it matter if they're happy without you?

A:"Because I used to be the one they looked at that way."

Q:But you broke up with them...so why does it matter?

A: "Because I secretly want their attention."

Q: Why do you want their attention?

A: "Because I struggle with validating myself."

Q: And why do you struggle with validating yourself?

A: "Because I remember that when I was a child, my siblings took all the attention away from me."

Now, we know this isn't true, but we can clearly see that they are being triggered by an early memory of feeling jealous.

We're still not done. Let's keep peeling the onion...

Q: And why do you need attention?

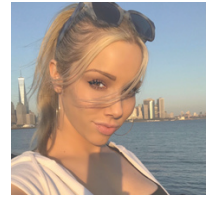
A: "Because I'm not good enough."

BOOM. There it is. "I'm not good enough" is the story that they're playing in their mind, thus leading to the arising of all of these lesser emotions, like jealousy.

Once you identify the story, you can flip the script and re-write a new narrative. One that feels right, and serves your highest good.

LIST SOME OF YOUR UNHEALTHY PROGRAMS/BELIEFS:

THE WOUNDED FEMININE WITHIN ME: A VULNERABLE SHARE FROM MY HEART



I remember the girl I used to be...

I say “girl” because despite being an adult, I still lacked emotional maturity. I felt the world owed me something, and I held so much anger in my heart. I was angry at myself for certain choices I made in my younger years. I was angry at myself for dropping out of college and not receiving any formal education.

I was angry at myself for my failed romantic relationships. I couldn't sustain friendships for very long, either.

I later learned that all that anger was really a cover up for fear-I was deeply afraid of allowing myself to receive love and acceptance, from myself and from others. I was afraid because as a child, I learned that love was conditional, and I carried that false belief (among many others) into my adult years.

If you were my lover, then your job was to fill a void of “not enough-ness” that I held in my heart.

If you were my friend, then I was possessive of you.

I was jealous of both men and women who seemed to have more money and “prestige” than me.

I maintained many facades in a vain attempt to look good on the outside, but in my core I felt very insecure and I was afraid to fully express myself.

My value was mostly based on my external appearance. I embodied dark feminine energy.

I measured my worth based off of how many sales I could close, how expensive my handbag was, how long my hair extensions were and how I looked in my convertible when you pulled up next to me at a red light.

At the time this photo was taken, I was newly single and wanted to begin the process of healing some of my core wounds and traumas. For the first time in a long time, I was craving solitude. I knew that I had some DEEP shadow work to do if I wanted to heal and experience healthy relationships in the future, with myself and with others. I didn't know where to start, but I knew I had to. I'd had enough pain and I was tired of the emptiness that constantly plagued me. The money wasn't filling the void. The men weren't filling the void. The lavish trips weren't filling the void. The parties and the country clubs and the nightclubs weren't filling the void. The attention seeking selfies and posts weren't filling the void.

I took an honest look at myself and my life for the first time and I remember thinking “WTF have I done with my life?”

Then came sadness. Overwhelming sadness washed over me for about a year and a half. I refer to that period as my “dark night of the soul.” I cut off contact with others. I deleted social media. I would go to work, and go home. On weekends I would spend time alone, meditating, journaling, releasing, crying...

As long as I could be left alone, I could get through the day. I would have panic attacks on a frequent basis. Doctors diagnosed me with anxiety and depression. This was nothing new to me-when I was in my teens I was also told I was depressed.

I refused to accept the labels. I did some research and started to explore various alternative healing therapies. Then one day, one of my girlfriends told me about this woman she was working with-a healer-and suggested I reach out to her.

That woman became my mentor and guide and to this day I am indebted to her. She helped me make peace with my painful past. She helped me reconnect with my truth and my core feminine essence. She held space for me during one of the darkest periods of my life.

After consistently exploring the deeper aspects of my personality and my life for a couple of years, the fog began to lift. I began to feel wholesome for the first time. Timelines shifted, beliefs were reframed and my heart healed.

My wounded feminine essence was slowly healing and I felt an inner restoration take place. I began to radiate my worth. My divine feminine essence emerged and I immersed myself in that beautiful heart-based frequency.

Looking back, I wouldn't change a thing. I'm grateful for my past. I'm grateful for the gift of desperation and for the ability to awaken.

We all have a choice-we get to consciously decide who we want to be and how we want to live our lives. So if you've had a pain filled past, or if you're struggling, or if you identify with the feelings in my story, my message to you is: WELCOME. You're not alone. And healing your core wounds IS possible, one day at a time.

With love,

Monika

MONIKA HENDRIX, CTRC

RESOURCE LIBRARY: BOOK SUGGESTIONS



THE BODY KEEPS THE SCORE: BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA - BY BESSEL VAN DER KOLK, M.D.

*Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.*

[MORE INFO](#)



LETTING GO: THE PATHWAY OF SURRENDER -BY DAVID HAWKINS

Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms.

[MORE INFO](#)



THE UNTETHERED SOUL-BY MICHAEL SINGER

Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness.

[MORE INFO](#)

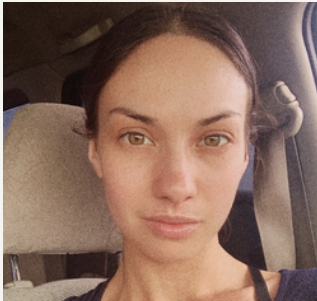
MONIKA HENDRIX, CTRC

CLIENT TESTIMONIALS

Interested in learning more about my work? Want to find out how I can help you heal your core wounds and develop healthy, connected relationships? Send your inquiries to: monika@monikahendrix.com and let's connect. I look forward to hearing your story and discovering how I can support you as you come home to your Self and heal.



KRISTINA H.



"Since my first session with Monika, I feel like so many parts of myself have been beginning to heal for the first time. The inner child work she did with me helped my soul feel hopeful again. I knew I was holding onto a lot of emotional pain and I would have never been able to go within myself without Monika guiding me. On the day of my first session, my doctor had me switch a medication I was taking and I was having major side effects. I had no idea what to expect from the session but hoped it would help the mental state I was in, and the way I felt afterwards blew my mind. That week at work, I had such a positive experience each day even with the everyday setbacks that often cause me lots of stress and anxiety. If you're struggling with the weight of your trauma or looking for healing or guidance on your path, I highly recommend working with Monika. I often felt like therapists were judging me or not really understanding how to help me and I'm so grateful to have found Monika when I did."



LAURA A.



"I recently completed the Invocation of Love Program with Monika. I wanted to do this because I wanted to meet someone of quality, like mind. Monika quickly showed me that it was about attracting my sacred partner, not "getting" them. The program helped me identify what my core values are in relationships and helped me tap into my divine feminine energy more. I learned new ways to honor myself and to honor my femininity. I now feel there is a certain innocence inside of me that I had long neglected and I was able to awaken that along with true self love. Since completing the program, I can definitely say that I am attracting more quality men, and it feels like I'm a magnet for natural authentic opportunity to connect with the opposite sex. They are all showing up organically too! No more online dating. Monika has the rare ability to listen with respect and without judgement, yet to honestly give her opinion and guidance in a positive supportive way. She comes from a place of authenticity and genuine interest in providing support in whatever way she is able to. Be it through her acquired skills and experience or her strong intuition. Monika has unequivocally demonstrated her intention to help, she has helped me break through, my wounds to have the courage to find myself, through meditation and self love. Monika has been so supportive, caring and given me the guidance I was looking for to move forward.

She is a powerhouse!

I can't wait to see what else comes forward now that I've developed my abilities to deepen in love."



ROBIN W.



"I have had a few sessions with Monika.

Since having them, I have been more focused and clear about the direction I am taking in my life. I have followed some of the exercises given to me and I have been able to open my heart more. I have been able to start making some of the changes within me to move my life forward and I definitely see and feel the healing and growth that has taken place. Working with Monika has been amazing! She is kind, warm, intuitive, caring and definitely connected to Spirit. She is a gifted healer and she was able to illuminate exactly what I needed to see within so that I could work on healing myself. She is definitely a light and a beautiful soul and I highly recommend working with her!"

THANK YOU!

Many thanks to you for taking the time to complete this workbook.
And remember, beautiful soul, that your past is NOT your potential.
In any hour, you can liberate your future.

I believe you can THRIVE in life and love again!

In loving service,

Monika

WWW.MONIKAHENDRIX.COM
@MONIKANHENDRIX
+1(973)910-1480
MONIKA@MONIKAHENDRIX.COM