

Printable Somatic Healing Cards



What is the trust wound?

As a child, you may have developed a general distrust of life. Your caregivers may have been unable to keep their promises or betrayed you in some way. You may have had trouble depending on your caregivers in some way.

As an adult:

- Doesn't trust themselves or other people
- Feels insecure and needs a lot of validation
- Expects to be hurt or betrayed by others

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Reparent your inner child to heal trust

Feel:

Take a deep breath. Notice what it feels like in your body when you feel closed off or afraid. To soothe yourself, do the "Butterfly Hug" by hugging yourself and tapping your hands gently back and forth.

Affirm:

"Darling, what do you need right now? I will earn your trust by listening to you and honoring what your body says it needs. You can open up to me without fear of judgement."

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Reparent your inner child to heal trust

- Consider what qualities you need to feel safe with someone. Commit to embodying these qualities for yourself.
- Notice any urges to cling to people who have lost your trust before. Be mindful of what it means to you to earn your trust.
- Dedicate time to naming, validating, and feeling your emotions.
- Spend time with people who bring you a sense of safety and connection when you're around them.

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