

# DEBRIEFING: Ages 11-16

In writing out your adolescent history, focus on how your inner child influenced your adolescent life and beyond. Be sure to detail your traumas: the valentines that never came, the loneliness, the peer group pressure and rejections, the pain about your family. Your adolescent self is the way your inner child adapted to start her/his adult life.

## Significant Adult Figures

In addition to parents, this includes your teachers, your clergyman or rabbi, and older kids. Include any significant adult figures and comment on whether they were nurturing or spiritually wounding. Nurturing means that they were truly there for you and valued you for yourself. They promoted your wholeness and growth. The people who were spiritually wounding were the ones who toxically shamed you.

## Traumatic Events

These were the experiences in your life that caused the greatest spiritual wounding. As a guideline, you might take it year by year. Use the following headings if they work for you. Write about some of the most important events of each year.

11 years old (year 7)

### General history

1. Started secondary school and had diarrhea (nerves) on my first day. Mum was supportive
2. Father was under stress due to starting as self employed

### Spiritual wounding

Got an F in my English book and mum used this to deflect off her and I was kicked and punched by dad when he got home (they had never shown much interest in my school work before?) and mum said I was splitting her and a father up (Scapegoated)

### What I learnt from this (Core Belief)

I am on my own, no one is there for me, I am unlovable, people will hurt me and can't be trusted.

### The Truth I choose to believe today (New Core Belief)

It OK to trust others who have earned my trust and ask for help and let others love and nurture me. I am loveable period.

### Nurturing incident

I remember my brother taking time with me to teach me better English

12 years old (Year 8)

1. ...

2. ...

Spiritual wounding...

What I learnt from this (Core Belief) ....

The Truth I choose to believe today (New Core Belief) ...

Nurturing incident ....

13 years old (Year 9)

Etc. ...

Continue with this list until about age 16 when you final left school. Let yourself include whatever memories come up, pleasant and unpleasant. Feel free to use whatever method works for you.

### **Feeling the Feelings**

Get several pictures of yourself, get one for each year if you can. You might have class pictures from your school days. Match your pictures with the various things you've written about that age. For example, I noticed how my facial expressions changed in different pictures. You can often see the hurt and sadness on your face from a certain period of your life. Your pictures may help you connect with your repressed emotional pain, or you may often see your face as emotionless and blank.