



3 Step Process to Heal Trauma



The 3 Steps to Heal Trauma are Not Linear - Best News Ever!

I won't be putting a number of importance next to any of the 3 Steps to Heal Trauma because they can be done in any order.

That's the best news ever because, although we think we want the next exact step, the one that works every time - our trauma wants choice.

Your body already has all the information to heal from your specific trauma. The tools included in these **3 Steps - TOP DOWN, BOTTOM UP, & SIDEWAYS** - teach you how to work **with** your body in 3 simple steps, instead of working against yourself through confusion.

Trust this process. Let it be organic. As you practice the tools I offered in each video, the steps begin to flow into each other and you become your own healer. Your body teaches you the next step to heal your trauma. It's pretty incredible.



Non Linear Tips

In the videos, I gave you practical tools and exercises that you can use over and over again for your healing journey. (I use them all the time for myself and my clients).

Below are some tips to tap into your body and help alleviate confusion over which of the 3 Steps to use for your situation.

Use the **BOTTOM UP STEP** if you are being triggered and you.....

Feel the uncontrolled (or controlled) urge to run, fight, flee or fawn.....OR.....

You feel numb or overstimulated, or maybe a combo of both, and think you are crazy. (You're not!)

The Bottom Up tools will teach you how to regulate your nervous system when the survival part of your nervous system is brought into the present from your past trauma. **The Butterfly Grounding tool is a way to regulate.

Use the **TOP DOWN STEP** when you want to.....

Grow your thinking through mindset tools.....OR

Learn more about trauma and finally have language to explain what is happening for you.

The **Thought Download tool will help you see on paper, ways to grow and will help you find your voice.

Use the **SIDEWAYS STEP** when you.....

Want to notice how you are viewing your work, or lack thereof, in the other 2 steps.....OR.....

When you want to learn to grieve your past so you can let the impact of your past trauma go.

****Being the Watcher** tool is powerful to notice how you view your healing.

Your Turn

Please notice and ground when needed as you ask your body and mind these questions. So.....how are you doing?

THE SIDEWAYS STEP

What did you notice? What came up for you when I explained what it means to be the watcher?

Your mind?

Your body?

Did you have one or two questions that I asked that you wanted to answer?

THE TOP DOWN STEP

What was it like for you to do a thought download and get so many thoughts out on paper? (If I have too many, sometimes I'll do an audio recording to get them all out)

Was it helpful?

If so, how?

If not, why?

(If it seems to bring up more things, try using the *Butterfly Hug* and ground or use the *Be The Watcher tool*, to see how you are viewing yourself).

THE BOTTOM UP STEP

What did it feel like to ground using the Butterfly Hug?

What is your body wanting to tell you about your safety?

YOU GOT THIS!

My clients and I have found that using these 3 steps in such a nonlinear way, really is the best news ever and really is simple.

Remember, due to trauma, we had our choice taken away. So, in healing, we actually need the power to choose our path, to no longer be acted upon and to choose what step to take out of a place of strength for how our body already knows it wants to heal.

These steps help you gain access to your body's wisdom in a simple non linear approach. L

If you want to learn more or want more help, I'd be honored to get on a free 20 min call with you. Click the orange, Learn More as we Chat, link at the bottom of the page.

You Matter. Your Healing Matters. You Are Worth It.