

I DON'T HAVE FING TIME FOR THIS!

A Mom-to-Mom Support Group

Guided Visualization - Healing Core Wounds: Rewire Your Mind

This guided visualization builds on our group discussion of Attachment Styles. Now, we'll explore the core wounds that stem from those styles, which can have a lasting impact on our lives. According to Thias Gibson, her meditation method can help rewire your mind in just 21 days, allowing you to heal from these childhood wounds. I've edited and personalized them for better clarity. Core wounds arise when our fundamental needs as children go unmet, leading to negative beliefs about ourselves. Examples include feeling inadequate, believing love will lead to abandonment, trust issues, feeling trapped, and thinking of yourself as defective. To identify your core wound, ask yourself what self-critical thoughts arise when you feel triggered.

Let's begin the visualization. Close your eyes and gently focus on a core wound that has been troubling you. Visualize the opposite of that wound (for more examples check out the section on Overcoming Limitations under the Tool-Kit tab):

- Turn feeling inadequate into feelings of adequacy
 - Believe love will lead to feeling connected
 - Turn betrayal into deep trust
- Turn feeling defective into feeling whole

Explore different areas of your life:

- Career: Recall a moment when you felt capable and confident
- Friendships: Remember a time when you felt supported and connected



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- Family: Reflect on moments where you experienced love and care
- Romantic relationships: Identify characteristics that contradict your core wound, such as feeling worthy and deserving of love
- Relationship with yourself: Envision the opposite of your core wound, embracing self-love and self-worth

As you revisit each of these memories, allow positive emotions to wash over you, reprogramming your mind with empowering beliefs.

Before opening your eyes, carry the feelings of liberation and self-love with you. Take a deep breath in, and when you're ready, slowly open your eyes, ready to embrace a brighter future.

Remember, this exercise can be repeated daily for 21 days to reinforce new thought patterns and let go of old wounds.

