

The words we carry

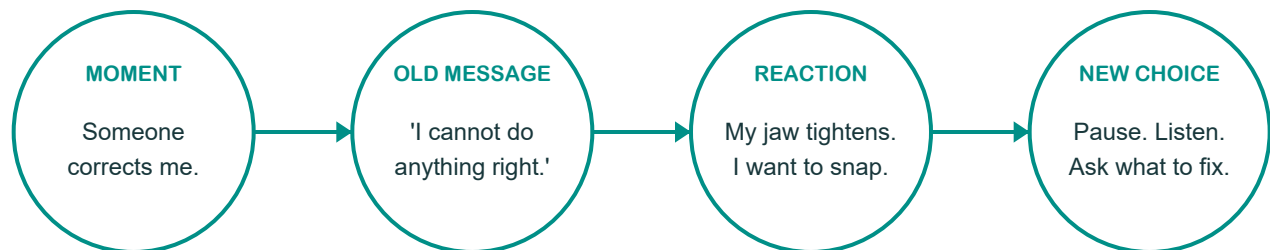
Emotional abuse / Understand the pattern before choosing a response



Emotional abuse is a pattern, not simply a disagreement. Repeated humiliation, threats, put-downs, or words used to control can leave someone feeling unsafe or worthless. The FRTR lesson explores how those messages can become the voice we use toward ourselves.

A sharp tone or correction today may bring up an old message. You might notice a tight jaw, shame, anger, shutting down, or an urge to argue. Noticing the pattern gives you a place to pause; it does not excuse harm.

A worked example / An old message meets a new moment



Your turn: use a real or imagined example. You do not need to describe what happened to you.

A message I learned or still carry

A kinder and truthful response I can practise

A cue I can notice in myself

A response I can choose instead

Understanding and accountability belong together. I can understand why a reaction feels familiar and still take responsibility for what I do next.

Reflection, not confession. Skip any question. No names or ACE score are needed. Pause and seek available support if this feels overwhelming.

Grow a different response

My Resilience Tree / Strengths, supportive experiences, and values

Your roots help you notice what shaped you. Your trunk names a strength you can use. Your branches hold values: qualities that guide how you want to act, such as kindness or honesty.

The PCE Mirror: feeling seen, heard, and valued. Positive Childhood Experiences (PCEs) include being listened to and treated with respect. FRTR asks what supportive connection could look like now, even if it was missing then.

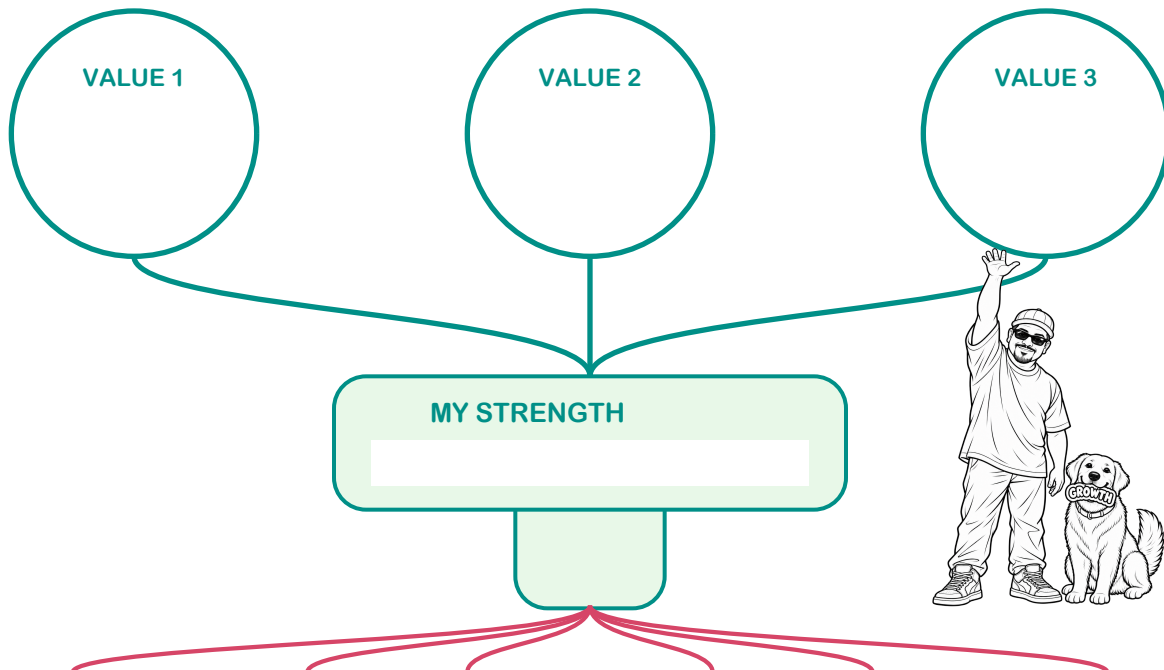
Choose values you want your actions to show

☐ Kindness

☐ Respect

☐ Honesty

☐ Connection



MY ROOTS

A message or influence that shaped me. Broad words are enough; you may leave this blank.

MY SUPPORT

A person, place, or respectful interaction that helps me feel seen, heard, or valued.

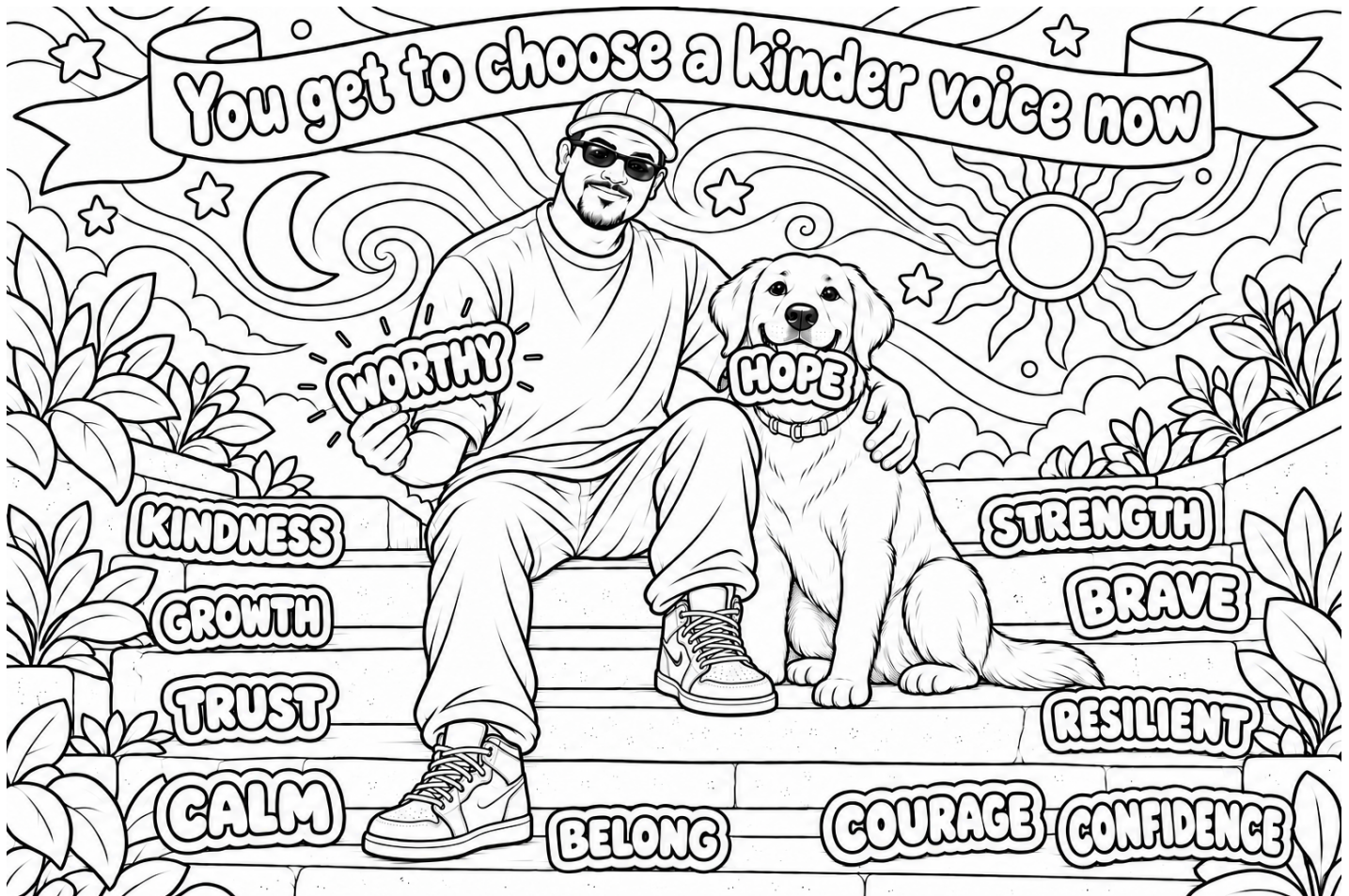
MY NEXT STEP

Choose one value and a small action. Example: Respect + patience = listen before replying.

Carry it into your day

A colouring pause / Put your chosen response into practice

Return to the response you chose on page one and the value you named in your tree. Pick a word in the picture that reminds you of that choice. Colour it first, then colour the scene in your own way.



My practice plan When I notice _____, I will _____.

For example: When correction brings up shame, I will pause and ask what I can improve. I can own my mistake without letting hurtful words from my past decide how I respond.

Adapted from Sinead Trevino's From Roots to Resilience Emotional Abuse lesson, PCE Mirror, and Resilience Tree. This is a brief educational sample from the self-paced program, not counselling. You may pass, pause, or seek support.