

Healing from Sexual Abuse

MASTERCLASS WORKBOOK



BY CHRISTINA ENEVOLDSEN



WELCOME

TO THIS TRAINING!

If we were to sit down together over coffee so I could share with you the specific steps that have made the biggest impact in my healing and of my clients' healing, what I would share would be exactly what you're about to experience in this training.

So if you're a childhood sexual abuse survivor whose past keeps coming up and you're uncertain about what's missing in your healing and you want to know the step-by-step path to healing, this training is specifically for you! Here is a quick preview of what you'll learn and how you'll grow from each training!

TRAINING ONE: Why the Ghosts of the Past Keep Haunting You

You'll learn exactly how and why unprocessed trauma keeps you in pain (It's not what you think!) and repeating the past. You'll gain a new perspective about those frustrating and defeating coping methods so you're free from shame and self-judgment.

TRAINING TWO: What it Takes to Leave the Past Behind You

You'll identify the specific painful origins of your own traumatic experiences to get to the root. With a 6-step process, you'll experience real healing, not just managing symptoms.

TRAINING THREE: How to Use the Five Pillars of Healing

The real damage of abuse goes beyond the traumatic events. I'll show you exactly what needs to be repaired and the step-by-step recovery and repair plan using The Five Pillars of Healing, so you can live powerfully with a future designed and created by you!

You don't have to be controlled by the past any longer. By the end of our time together, you'll know the exact step-by-step path to healing so you're free to create your chosen future!

Christina Enevoldsen

Christina Enevoldsen
Founder of
overcomingsexualabuse.com

HOW TO GET THE MOST FROM THIS TRAINING

01

Save this workbook or print it and use it during the training to stay fully engaged. Take notes on the actions you want to implement.

02

Think of one question you would like me to answer while we are together. If I don't answer it in the training sessions, you can ask in the Q + A at the end.

03

Each training session will have very practical and actionable steps you can use. At the end of each session, **decide what one step you want to implement** in the next 24 hours. Creating instant momentum will help you see big results.

TRAINING ONE

WHY THE GHOSTS OF THE PAST KEEP HAUNTING YOU

The very things that saved your life are holding you back from healing and true living. As much as you want to experience freedom from the pain and effects of abuse, you learned the lessons of survival so well that you got stuck there. That's in direct opposition to the way you need to think and be to thrive and flourish.

You'll learn exactly how and why unprocessed trauma keeps you in pain and repeating patterns of the past plus how to overcome that.

ADDRESSING OVERWHELM

Before we go on, I want to prepare you for success. You've likely experienced the feeling of overwhelm as you've faced the past and you may start to feel overwhelmed in this training. The tendency is to dissociate, which would prevent you from experiencing the benefits of our time together.

Overwhelm comes from the thought, _____.

But here's the truth about overwhelm: It's really just an indication that you're approaching _____
_____.

Growth is in stages and comes with discomfort.

COMFORT ZONE ASCENSION MODEL



What does this tell you if the same sphere can be experienced as comfortable or uncomfortable?

Part of you wants to grow, heal and improve and part of you wants to stay safely put where you are. There's always a push/pull effect. But that doesn't have to stop you.

What is an experience that seemed impossible or you were unsure you could accomplish but you did it?

What motivated you to push past your comfort zone?
(What did you have to gain by doing it? What did you have to lose from not doing it?)

How did that feel when you were successful?

What does discomfort feel like in your body?

What behaviors do you notice?

What will you do this time when you notice it?

Do a self-assessment. On a scale of 1-10, how overwhelmed do you feel now?



Self Soothing Exercise 1

Do a self-assessment. On a scale of 1-10, how overwhelmed do you feel now?



Self Soothing Exercise 2

Do a self-assessment. On a scale of 1-10, how overwhelmed do you feel now?



From the time we're very young, our brain attaches meanings to our experiences to make sense of the world.

The stories inform us about our _____, our _____ and _____.

We do this _____. This helps us navigate through the challenges and struggles for our particular environment.

These stories help us survive our abuse but when the environment changes _____.

We repeat what we don't repair.

CHRISTINE LANGLEY-OBAUGH

The beliefs of the past dictate how we perceive _____, the _____ we take and the experiences those lead to.

This is why we repeat the same patterns of the past, even though we don't like them.

So now you know there's nothing wrong with you for how you've been repeating the patterns of abuse; your brain has been working perfectly. You're simply operating from the programming of a past that doesn't exist anymore.

And that may seem discouraging but that's actually great news because that shows you that you have to change your beliefs.

Now you see how important it is to heal because healing the past is the only way have the freedom to create a future *you* choose.

Do a self-assessment. On a scale of 1-10, how much of your life has been a repeat of the past?



TRAINING #1

ACTION STEP

ACTION #1: Reflect on your life. What is an experience in that seemed impossible or you were unsure you could accomplish but you did it?

ACTION #2: What motivated you to push past your comfort zone?

ACTION #3: How did that feel when you were successful?

ACTION #4: Email me your answers with the subject line "action step drawing 1". You'll be entered into the drawing for the free coaching session. (Winner to be announced on Tuesday before the training so get your answers in before 3pm EDT on Tuesday .)

TRAINING TWO

WHAT IT TAKES TO LEAVE THE PAST BEHIND YOU

You learned that to help us survive, our brain attaches meanings to our experiences to make sense of the world. These stories inform us about our identity, our place in the world and what to expect from the world.

And that the source of the pain of abuse is from those stories, those beliefs. And it's from those beliefs that we stay in abusive patterns, including abusive relationships with ourselves and with others.

We left off with the questions:

- how do you identify those beliefs?
- how do you change them so you're free to choose your future based on your free will rather than being controlled by the past?

That's what we'll talk about today, along with the 6 step process for getting to the root of your pain.

When your beliefs are entirely unconscious, you can't question them. You can't weigh their accuracy.

Chances are, they aren't accurate because they came out of _____ . And you formed them _____ .

These beliefs may not be accurate but the brain clings to them. Not only does the brain have a bias toward threat, (which means a focus on _____) and likes what has worked in the past, the brain likes to _____ .

*When an inner situation is not made conscious,
it appears outside to be fate.*

CARL JUNG

It's not interested in information that's contrary to what it believes. It filters conflicting information and experiences so you don't notice it. That means once you have a belief about something, it's difficult to change.

There are several ways to identify those hidden beliefs. One of the ways is by _____ .

There are two types of beliefs to look for:

-
-

You can identify the first by _____.

examples:

You can identify the second by _____.

examples:

Questions to ask to explore your beliefs:

- What does this mean about me? What does this tell me about myself? What does it say about my value?

(Value is a big one because _____.)

- What did this tell me about how I should expect to be treated? About what I can expect from the world?

- Why did this happen? (The brain likes to look at cause and effect because

_____.)

- What did this experience tell me about how I need to think, feel or behave? (What would keep you safer.)

SIX STEP PROCESS for changing a belief so you're free from the pain

1	
2	
3	
4	
5	
6	

Change Your State Exercise

TRAINING #2

ACTION STEP

ACTION #1: Identify one belief you want to change.

ACTION #2: What is one alternative belief if that isn't true?

ACTION #3: Email me your responses with the subject line "action step 2" for entry in a drawing for The Healing Workbook, the full step-by-step plan for processing a memory.

TRAINING THREE

HOW TO USE THE FIVE PILLARS OF HEALING

You learned that to help us survive, our brain attaches meanings to our experiences to make sense of the world. These stories inform us about our identity, our place in the world and what to expect from the world.

And that the source of the pain of abuse is from those stories, those beliefs. And it's from those beliefs that we stay in abusive patterns, including abusive relationships with ourselves and with others.

I showed you how to identify the beliefs that hold us back as well as how to change them so you're free to use your free will rather than being controlled by the past. Then I showed you the 6 step process for getting to the root of your pain.

In this training, I'll lay out the big picture. What are all the steps you need to truly heal?

To create a solution, you have to identify what the problem really is.

If you're guessing at what needs to be addressed or don't have a full picture of the damage of abuse, it's not likely you'll know what the healing process should look like.

You experienced two types of injury from abuse:

-
-

One "collection" of survival methods you used caused the most widespread damage to you after the abuse was over. That includes _____, _____ and

_____.

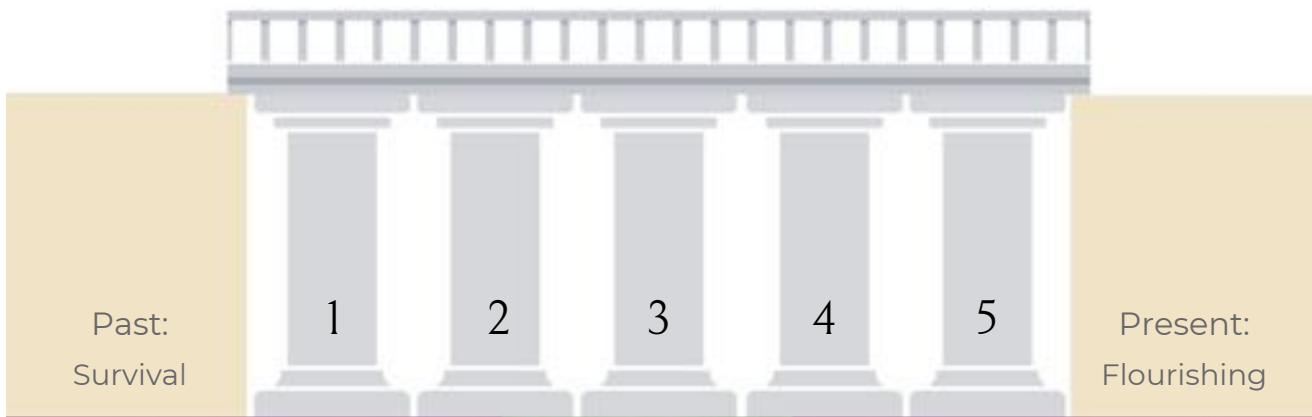
The reason this is so damaging is because it alienates you from yourself and others.

Some of the effects you might notice in your life:

Most of us have spent a large part of our lives being controlled by the past without even knowing it's the past that causes us so many problems. Healing the past is the only way have the freedom to create a future *you* choose.

As I shared in training one, there's no magic bridge that appears that takes you to a more functional way of living once the abuse ends.

However, you *can* create your own bridge. Healing consists of 5 pillars to take you from surviving from the past to present-day flourishing:



FIVE PILLARS OF HEALING

- 1
- 2
- 3
- 4
- 5

It's important to know not only what these pillars do but the specific wounds they heal and effects they address.

PILLAR ONE:

PILLAR TWO:

PILLAR THREE:

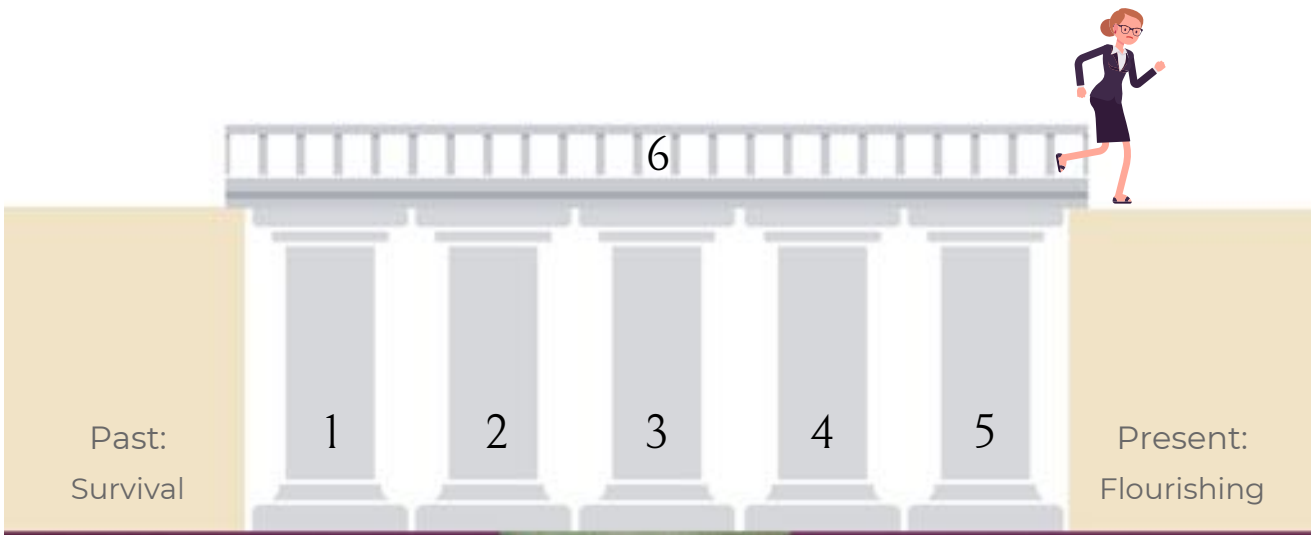
PILLAR FOUR:

PILLAR FIVE:

There's a sixth part of the healing path that's vital, which is

_____.

This is the railing you can lean on that will take you all the way through your healing from surviving to flourishing.



PILLAR SIX:

What are the struggles you're facing in your healing?

Which pillar would address that?

What plan do you have to solve that struggle?

Where will you be a year from now if you address this?

Where will you be a year from now if you don't address this?

TRAINING #3

ACTION STEP

ACTION #1: Answer the questions on page 25.

ACTION #2: Email me your answers with the subject line "action step 3". If you've completed the action steps for all three trainings, you'll be entered into a drawing for a VIP Day with me.



MEET YOUR INSTRUCTOR CHRISTINA ENEVOLDSEN

As a survivor of incest and sex trafficking, I bring personal experience, empathy, and insight as well as professional training to help childhood sexual abuse survivors flourish.

- certified life coach
- program director of Flourish Healing Program
- cofounder of Overcoming Sexual Abuse
- author of *The Rescued Soul: a Writing Journey for the Healing of Incest and Family Betrayal*

I help childhood sexual abuse and incest survivors leave the effects of trauma in the past so they can live fulfilling, empowered lives.

*We are born
in relationship,
we are wounded
in relationship,
and we can be healed
in relationship.*

- Harville Hendrix

HAVE QUESTIONS?

I'm always happy to hear from you.
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