



LEILA REYES
Reclaim Your Life

Break Free from the Past:
A Workbook for Creating Healthy
Relationships After Early Trauma

In-Class Workbook and Integration Guide with Leila Reyes





LEILA REYES
Reclaim Your Life



Break Free from the Past:

A Workbook for Creating Healthy Relationships After Early Trauma

In-Class Workbook and Integration Guide with Leila Reyes

Name: _____

Reach Out to Me:

I'd love to hear from you before the class begins. Please feel free to reach out and share what you most want from this experience. Your insights will help me tailor the class to meet your needs as fully as possible.

“Asking for help isn’t a sign of weakness, it’s a sign of strength and courage.”

— Anonymous

Email: MyCoachingWorks@gmail.com

Part 1:

PRE-CLASS REFLECTION *and* INTENTION SETTING

Welcome to Break Free from the Past. Before we begin this transformative journey together, I invite you to take some time to reflect on your intentions and goals. This pre-class reflection is a powerful way to align your heart and mind with what you hope to achieve through this experience.

Reflection Questions:

“When you set an intention, the entire universe conspires to make it happen.”

– Ralph Waldo Emerson

- ✿ *What brings you to this class, and what inspires you to invest your time here?*
- ✿ *What is the one thing you most want to take away from this experience?*
- ✿ *How do you envision your life changing if you break free from the past?*

Setting Your Intention:

Please write down your intention for this class. What do you hope to transform or heal during our time together?

Part 2:

IN-CLASS WORKBOOK

Introduction and Self-Reflection

Welcome to Break Free from the Past. This workbook is your companion on a deeply personal journey toward healing and the creation of healthy, fulfilling relationships. As you engage with the concepts and exercises presented in today's class, know that every insight you gain is a step toward greater freedom and peace.

“True connection begins when we establish clear agreements, respecting each other’s boundaries and needs.”

– Anonymous

Creating Safety through Shared Agreements:

Because of the sensitive topic we’re discussing, your safety is one of my top priorities. We will start by creating a safe container for you to participate as much or as little as you want to.

✿ *The first shared agreement is _____.*

✿ *This agreement means that what happens in this space stays in this space. You are free to share your personal experience, but please do not _____ what others say.*

Is there anything you need to ask for to feel safe to share?

Understanding the Impact of Childhood Sexual Abuse and Trauma

“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.”

– Kahlil Gibran

Childhood sexual abuse and early trauma leaves deep scars that can impact our adult relationships in profound ways. Recognizing these effects is a powerful step toward reclaiming your life and your relationships.

Impacts of Childhood Sexual Abuse or trauma on Adult Relationships:

The research shows the top 3 issues related to how CSA or early trauma impacts the quality of our relationships are:

🦋 **Depression and Emotional Regulation**

- Depression can lead to difficulties in controlling _____, resulting in negative coping strategies.

🦋 **Trust and Intimacy Issues**

- Survivors may struggle with _____, which impacts their ability to form deep connections.

🦋 **Self-Criticism and Difficulty Expressing Needs**

- Low self-esteem can lead to feeling _____ in relationships, and difficulty being firm or assertive.

Reflection:

Reflect on how these impacts have shown up in your life or relationships. Which of these resonates most deeply with you, and why?

The Power of Perspective

“We don’t see things as they are, we see them as we are.”

– Anais Nin

🦋 *The hole in your bucket is not the abuse itself, but the _____ you made about what happened to you.*

Reflection:

🦋 *Identify the “hole in your bucket.” What belief did you develop about yourself because of your trauma?*

🦋 *Shifting our perspective is crucial. It’s not easy, but it’s necessary to start seeing yourself through a new lens that says, “I _____.”*

Notes:

The Research on Resilience

Research shows that one of the most important factors in overcoming the impact of CSA is believing that you have the power to influence and act upon your _____ in constructive ways.

Reflection:

What is the key belief that gives you power over the impact of your trauma?

The Freedom Mapping Process

Leila created the Freedom Mapping Process to help people break free from the _____ created by unresolved trauma.

Envisioning Healthy Relationships

Healthy relationships are built on a foundation of mutual respect, trust, and open communication. By envisioning what this looks like for you, you're setting the stage for the relationships you desire.

Qualities of Healthy Relationships:

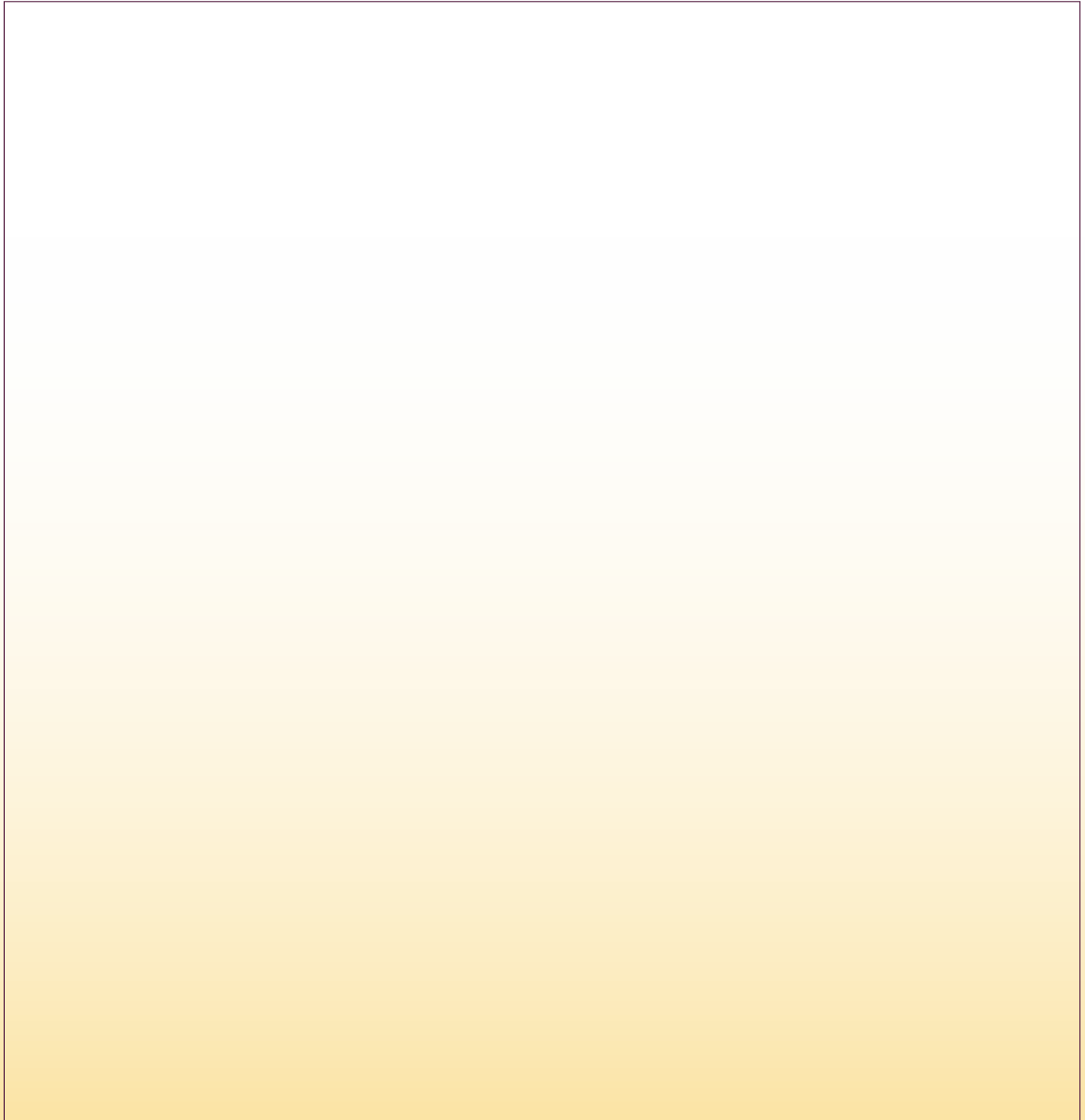
- ✿ *Mutual respect*
- ✿ *Open communication*
- ✿ *Emotional support*
- ✿ *Shared values and goals*
- ✿ _____ *and intimacy*

Visualization Exercise:

“Imagine your life as you want it to be, and then make choices that align with that vision.”

– Anonymous

Take a moment to write down what a happy, healthy, and nourishing relationship looks like for you.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the visualization exercise. The box is currently blank.

Action Steps for Transformation

“The journey of a thousand miles begins with one step.”

- Lao Tzu

Transformation is a journey, not a destination. Each small step you take brings you closer to the healthy relationships you envision.

Here are some specific things you can do to move towards healthier relationships:

- ✿ *Self-Reflection Journaling – helps to uncover emotions and patterns.*
- ✿ _____ *Support. Helps to work through trauma.*
- ✿ *Personal Development Workshops focused on _____ intelligence and relationship skills.*
- ✿ *Learn how to set healthy _____.*
- ✿ *Create a Healthy Relationship Checklist to _____ current and future relationships.*

Reflection:

- ✿ *What do you believe is the most important thing that needs to change in your life to create the healthy relationships you deserve?*

- ✿ *Write down one step you will take this week to move toward a healthy relationship.*

Part 3:

WEEK INTEGRATION GUIDE

Deepening Understanding and Awareness

“The only person you are destined to become is the person you decide to be.”

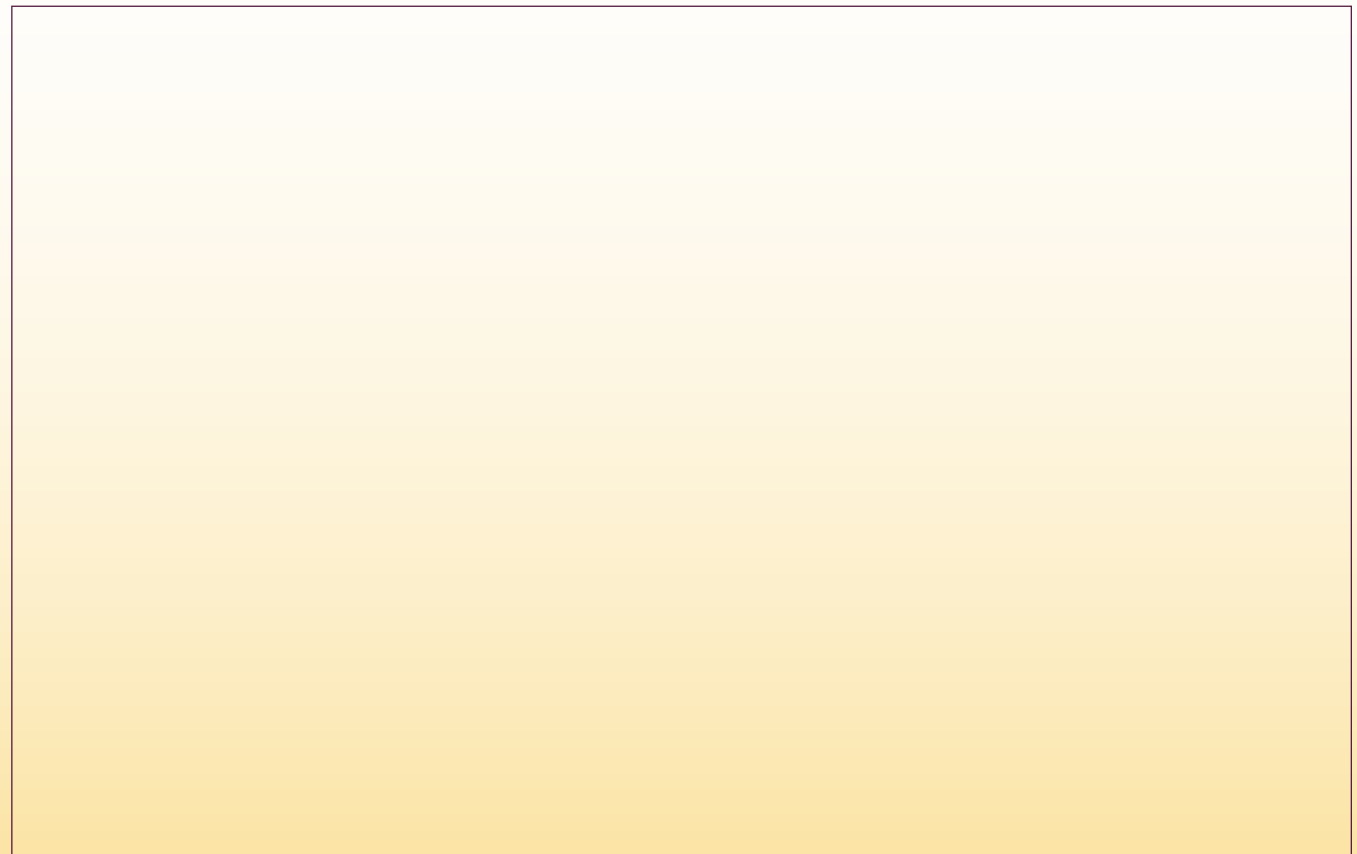
– Ralph Waldo Emerson

Days 1-3 after workshop: The Impact of CSA

“Awareness is the greatest agent for change.”

– Eckhart Tolle

- ✿ *Reflect on how the impacts of CSA have manifested in your life this week.*
- ✿ *Practice observing these impacts with compassion, without judgment.*



Days 4-5 after workshop: "Hole in the Bucket"

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

– Buddha

- ✿ *Affirm your worth daily by practicing what is more true about you than the 'hole in the bucket' meaning.*
- ✿ *Journal about any shifts you notice in your thoughts or behaviors as you do this.*

A large, empty rectangular box with a thin black border, intended for journaling. The background of the page is a light yellow gradient.

Days 6-7 after workshop: Healthy Relationships

“The better you know yourself, the healthier your relationships will be with everyone else”

– Anonymous

- 🌱 *Focus on one quality of healthy relationships. How can you embody this quality today?*
- 🌱 *Identify a relationship in your life where you'd like to see improvement. What steps can you take to nurture it?*

TAKING ACTION AND CREATING CHANGE

Days 8-10 after workshop: Reassessing Impacts

*“The only way to make sense out of change is to plunge into it,
move with it, and join the dance.”*

– Alan Watts

- ✿ What changes have you noticed in your awareness of how CSA or trauma has impacted your life?*
- ✿ How has this increased awareness influenced your daily interactions?*



Days 11-12 after workshop: Repairing the Hole in Your Bucket

“Empowered meaning is not about changing the past; it’s about changing the way you see the past to transform your future.”

– Anonymous

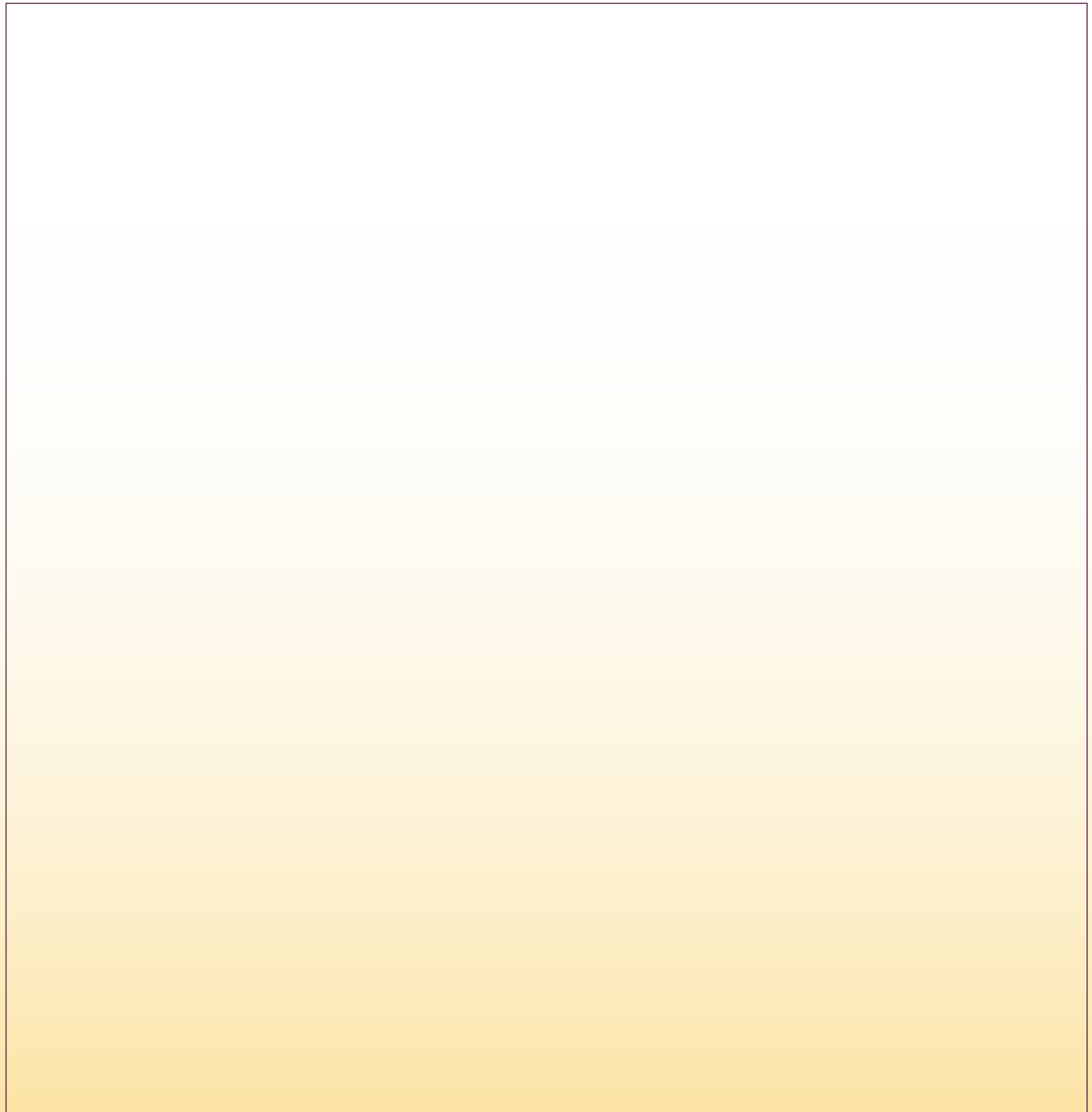
- ✦ Reflect on how your understanding of the “hole in the bucket” analogy has evolved over the past two weeks.*
- ✦ If it makes sense, update your “more true affirmation” with a meaning that reflects your growth and resilience.*

Days 13-14 after workshop: Building Healthy Relationships

“The quality of your life is the quality of your relationships.”

– Tony Robbins

- 🌀 *Revisit your ideal healthy relationship description. What new insights have you gained?*
- 🌀 *What positive changes have you noticed or initiated in your relationships?
Celebrate these shifts.*



Final Reflection

“The greatest glory in living lies not in never falling, but in rising every time we fall.”

– Nelson Mandela

- 🌀 What are the most significant changes you've noticed over the past two weeks?*
- 🌀 Which exercises or practices did you find most helpful?*
- 🌀 How has your understanding of how trauma impacts your relationships evolved?*
- 🌀 What ongoing support do you need to continue your transformational journey?*
- 🌀 Set three goals for yourself for the next month to continue breaking free of the past and building healthy relationships.*





Congratulations on completing your integration journey!

You've taken courageous steps toward healing and transformation. Keep moving forward with the same strength and determination you've shown throughout this process.

“Every day may not be good, but there's something good in every day.”

– Alice Morse Earle

If you need additional support or resources, please reach out:

Leila Reyes

Email: MyCoachingWorks@gmail.com

Phone: 415-390-6583

Website: <http://www.LeilaReyes.com>