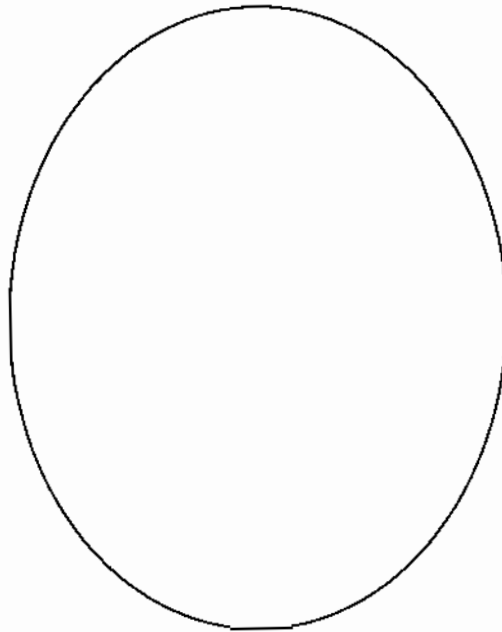


## Instructions for the Trauma Egg

1. Find a large piece of newsprint. A standard sixes is 24" × 36" and can be found in tablet form at any office supply store. You will also need felt tip colored markers that you can write legibly with.
2. On the newsprint, draw a large oval that takes up most of the newsprint. About three-quarters of the way up, draw a dotted line across the oval as in the figure that follow:



3. Outside of the oval and at the bottom of the page, write words that you can think of when you think of your parents or original caregiver. Put the words you associate with Mom on the right and words you associate with Dad on the left. You only need five to ten words.
4. Now think of events in your life that were painful or difficult. Usually these are events in which there was profound disappointment, betrayal, or abuse. Think of times when you were embarrassed or let down, or when there was some upset or crisis that involved you. Starting with the earliest events you can remember from early childhood, draw a small symbol for each event and separate it by a small curve. Do not use words-only symbols.

*"moments of great fear"*

5. With all these events recorded, the bottom of your oval will start to look like a honeycomb. Keep adding events through the various phases of your life-preschool, elementary school, early teenage years, young adulthood to the present. Fill the oval up to the dotted line. The most recent should be near the top and the earliest at the bottom. Done well, this should take many hours to complete.
6. Before going on to the next instructions, spend time showing your work to your therapist or your sponsor. Ask this person to look for themes that are common to the events. Examples would be: "Many of the events represent some type of abandonment" or "The event seems to indicate extreme neglect." When you have these repeating themes clear, proceed to the next step.
7. Outside of the oval, in the upper-right corner, list what roles you played in the family (such as hero, scapegoat, etc.). Outside of the oval, in the upper-left corner, list family rules that affected you (such as "don't show feelings, etc.).
8. On the basis of all this work, write what you believe your family's marching orders to you were. Write it in the form of a mission statement. This mission statement should accurately state what you perceived your family wanted to you to do with your life. If you were the loyal kid, or the hero, what were you supposed to do in life? Record this mission statement in the top quarter of the oval, above the dotted line.
9. If you had the power to clone yourself-meaning the same you with no programming-what mission would you give yourself? Write that mission down. In your journal, respond to the following questions:
  - What does the mission given you by your family have to do with trauma bonds(s) in which you have been?
  - How did the original mission create repeated events throughout your life?
  - What are you willing to do in order to change the mission?
  - What steps would that take?
  - Who can help with it?
  - How will you start?

Suggestion: In this task of changing the mission, there are two books designed to help you with that process. *The Artist's Way*, by Julia Cameron and *First Things First*, by Stephen Covey.

**THEME  
MESSAGES  
FEELINGS**

**BIRTH**