

THE BETRAYAL WOUND

FOUR OF FIVE PRIMARY WOUNDS

CHARACTERISTICS:

- Experiences or perceives experiencing betrayal by others.
- Self-protection: the mask of "the controller."
 - Imposes your will and point of view on others.
 - No contact with your own sensitivity.
 - A constant need to improve.
 - Strives for honors, titles, to be seen as important.
 - Can get trapped in purity culture or social standards of "good."
 - Attaches importance to reputation.
 - Lack of tolerance for the lies of others but lies.
 - High expectations of others.
 - Manipulates and control.
 - Strong need for all planning and a lack of flexibility in relation to unforeseen situations.
 - Fear of situations they cannot control / prepares for the worst.
 - Naive desires to keep children safe and protected.
 - Avoids risk.
 - Lacks trust in the opposite sex.
 - Difficulty with self-discovery.
 - Does not easily trust or confide in others.
 - A tendency to offend, suddenly ending relationships, and cutting off contact.
 - Lack of tolerance and impatience.
- Anxiety: dissociation and denial.
- Shadow Chakra: Fourth Chakra (Solar Plexus Chakra which governs personal power, ego, and identity, personal freedom, choice, and authenticity.)
- Life's Greatest Lesson: Self-trust (surrender).

WAYS TO ACCEPT & FORGIVE YOUR WOUND:

- Ask yourself, "is life happening to me or for me?"
- The Betrayal Wound Packet (www.thisspiritualfix.com/shop)
- Possible mantra, "I have my own back . . . when I have my own back I can surrender."