

TRAUMA WHISPERS BEFORE IT ROARS

Companion Workbook

Chapter 1: What If Trauma Could Speak?

Pre-publication Draft – Print single page/ no duplex for additional writing space

This is a living document.

Changes will be implemented as suggestions arrive.

Changes made since last update:

- No changes to report

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Welcome readers!

This workbook is designed to be read alongside *Trauma Whispers Before It Roars*. You do not need to complete every exercise. You do not need to move quickly. If something feels like too much for today, stop. Close the book and put the sheets down. Return when you have more time, privacy, energy, or support.

There is no correct way to fill these pages. You can write in full sentences, circle a word, draw, make a list, think toward an answer, or leave the page blank. The purpose is not to produce a polished response. It is to notice what becomes available when you give yourself space to listen.

This is not a test of how well you completed the exercises. It is an invitation to help build a better bridge for future readers.

How to Give Feedback

Complete this chapter packet, then visit the OneEmprima.com/books/ or use the QR code on page 21 of your book to fill out the online feedback form and share your thoughts. Let us know what helped in the book or workbook, what felt unclear, where you needed more room, and what you want to see included in the future editions of the book or companion workbook.

Awareness & Alignment Prompts

1. How old were you when you first learned to override your body's signal? *page 42*
2. Whose voice do you hear when you override your own whisper? A parent's? A boss? A bully? Your own?
3. What are your “*more, more, more*” distractions? The “keep moving” things that keep you busy, busy, busy so you don't have to feel your feelings. *page 27, first paragraph*
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Additional Journal Prompts

1. **External Whispers.** Our beliefs play a large role in our healing, so it helps to anchor to something that fits with our beliefs. If you were to receive an external whisper of guidance during a stressful moment, where would your whisper come from? God, higher self, future self, an Archangel, an ancestor?

Internal Whispers. Now turn to the whispers that come from inside you: your body, your nervous system, your inner knowing. Instead of naming what the whisper says, name the moment you cut it off. What's the first thing you reach for the second a whisper starts to rise? A scroll, a snack, a task, a joke, a change of subject? What is that reach protecting you from feeling?

What would it take for you to listen? *page 43*

2. What has overriding your internal whispers cost you that you can name today? What has it cost the people closest to you?
3. If the people closest to you could hold a mirror to you and reflect what you cannot see yet, what would they know that you have not said? Optional: Ask your friend, partner, parent for feedback.

EXERCISE 1

Your Whisper Inventory

1. What physical signal has been repeating lately?

Examples: tight chest, clenched jaw, shallow breath, fatigue, heat, numbness, restlessness.

2. What was happening around you the last three times you noticed it?

3. If the signal could speak without being interrupted, what would it tell you?

EXERCISE 2

A Letter to the Part of You That Learned Not to Listen

Write to the part of you that learned to override your whispers to stay safe.

Part 1: What did overriding your body's alarm signals help you survive, accomplish, or avoid?

Part 2: What does that part need to hear from you today?

EXERCISE 3

The Body Scan

As you read through the book, you will be asked to notice what is happening inside your body. For some readers, those signals will be very easy to feel. For some neurodivergent readers or people living with intense pain, the body may communicate differently. That is okay. There is no single correct way to hear a whisper.

One person may recognize tension or emotion held in a foot simply by bringing awareness to that area. Someone else may need visible evidence: uneven wear on the soles of their shoes, worn-out socks, or signs that they have been dragging their feet. A person experiencing intense pain may not be able to quiet the noise long enough to notice a gentle tug. All of it is information.

Use this chart to map where your body may need attention as you read. If your throat closes when you feel scared, color in the area around the throat. If your fists clench when you feel angry, color in the hands and wrists. Use pens, pencils, markers, or whatever helps you create a body map you can return to as you navigate the book.

