

TRAUMA WHISPERS BEFORE IT ROARS

Companion Workbook

Chapter 4: Naming Your Trauma Stones

Pre-publication Draft

This is a living document.

Changes will be implemented as suggestions arrive.

Changes made since last update:

- Early and advanced reader (free) copies printed prior to launch date of 8/12/26 may not match the page numbers noted in the workbook. Readers may need to look for the content on neighboring pages.

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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 access 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.



Check in before you begin. Where are you on the Roar Scale?

If you're at a 5 or above, turn to your Stand-Down Kit before continuing.

Supply List (Optional)

- Colored pencils
- River rock and rock pens or other objects
- 3 blankets or space for three piles

Awareness & Alignment Prompts

1. Whose stones have you been carrying that were never yours: a parent's shame, a sibling's blame, a partner's unmet need? How did they end up in your rucksack?
2. How heavy does your heaviest stone feel right now, in your own words or image, page 118–119? How are you measuring it? Has that weight increased since the day you first picked it up?

Additional Journal Prompts

1. If your heaviest stone had a job title (Scapegoat, Rescuer, Guardian, Peacekeeper), what would it be? Write its resignation letter.
2. Think of a role you took on early, caretaker, overachiever, peacemaker, rescuer, ghost that outlived its usefulness. When did it stop protecting you and start costing you? *Page 112*
3. After completing the Trauma Stone exercises below, look at your stones with care. Which stone changed the way you receive love and connection? Which rewrote your sense of safety in romantic and platonic relationships.

EXERCISE 1

Tracing the Roar Back to The Whisper, *story starting on page 119*

I shared a story about falling to my knees from exhaustion. But not every story ends on the ground.

Think of a time when your body or life forced you to stop. Begin with the roar: the breakdown, illness, panic, shutdown, outburst, exhaustion, or moment you could no longer keep going.

Name the moment.

Now trace it backward.

What did the growl look like in the days, months, or years before?

- .
- .
- .

What murmurs did you normalize?

- .
- .
- .

What was the earliest whisper?

- .
- .
- .

What prevented you from responding when the signal was still quiet?

- .
- .
- .

EXERCISE 2 STEP-BY-STEP INSTRUCTIONS

Extended Instructions for Naming Trauma Stones

Use this exercise if you want or need extra support exploring what your body has been carrying, otherwise, skip to Exercise 2.

Before you can drop the weight, you have to acknowledge you're carrying it.

1) **The Space.**

Find a quiet spot inside or outside. Sit down on the ground, if you can. Take a slow, steady breath in through your nose and out through your mouth. Straighten your spine. Drop your shoulders. Soften your jaw and tongue. You're asking your body to speak so give it some breathing room.

2) **The Scan.**

Close your eyes and slowly sweep your awareness from the top of your head down through your toes, from the toes up to the top of the head, or spiral from the heart or solar plexus area rotating upward and downward through the body. Notice where something pulls, tightens, pokes, twitches, aches, burns, or sinks. I see trauma as clusters of little black jelly beans but you might feel it as resistance, see it as foggy, hear the words, feel a prick in that part of your body, or nothing at all. Different bodies have different ways of doing things.

3) **The Hunt.**

Now widen the scan—check your side and back pocket zones, your shoulders, your neck, your hips, your knees, your heart.

Cheat code: Think about where you naturally put weight. Do you have an excessively heavy purse or backpack, do you normally fill your pockets with things that you really don't need. Maybe you carry around an extra thick jacket or sweatshirt even when it's not that cold outside.

Do you cover your neck with scarves or necklaces to hide your throat? Do you wear pants or socks even during humid summers? Sometimes our quirks are part of the hunt.

Anywhere you feel:

- Unbalanced
- Ungrounded
- Heavy
- Tense
- Chronically tight

...that's where a stone may be living.

You don't need certainty. You just need curiosity.

4) **The Ask.**

Place a hand gently over the first spot that spoke to you. Whisper inward:

“What's here? What emotion or story lives in this space?”

You might get a colored blob, specific words, a feeling of emotion, lyrics to a song, or something else entirely. Your system = your language.

5) **The Name.**

It might arrive as a feeling (shame), a metaphor (rusted armor), a sensation (heavy chest), or an identity stone (for example, the Scapegoat Stone). Some people get songs or character/scenes from a TV show instead of words. That works too. Adapt the exercise on the next page to match your system's way of communicating.

Naming Your Trauma Stones, *pages 115-119*

Use the Four Inner Awareness Questions to name your Trauma Stones. Continue until you have brought awareness to the emotional weight you may be carrying.

1. Who or what are you?
2. Where did you come from?
3. How long have you been here?
4. How are you helping me?
5. Bonus: How much do you weigh? Use the blank lines next to each rock to add your measurement



