

TRAUMA WHISPERS BEFORE IT ROARS

Companion Workbook

Chapter 15: When the Whispers Become Truth

Pre-publication Draft

This is a living document.

Changes will be implemented as suggestions arrive.

Changes made since last update:

- Early and advance 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/TraumaWhispers/ 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.

Why We Do This Work

Chapter 15 is where you stand at the threshold.

You have traced your whispers, named your stones, mapped your survival responses, and listened to what your body has been carrying. This chapter is not an ending. It is the moment you turn around and notice how far you have come.

You do not have to keep the pain alive to honor what it taught you.

Some of your Trauma Stones can be returned. They were never yours to begin with. They began with mothers, fathers, or ancestors who did not have the tools, safety, or language you have now. Others cannot be returned, but they can be transmuted. Turned into wisdom. Turned into building material for a bridge someone else may one day cross.

I learned this in the most unlikely of places. The night the C-130 I was on took ground fire over Iraq, flares lit up the cabin and a whisper came into my right ear: *Don't worry about it. You're going to be okay.* For years, I called it intuition, instinct, maybe even luck. My research brought me to a different conclusion. That whisper was me. A future version of me, reaching back to steady the version who didn't yet know what she was capable of. Decades later, I went back for my fourth-grade self, the little girl who believed she wasn't smart enough to write. I knelt beside her and whispered, "We wrote a book to help people."

This chapter invites you to look back at where you began and recognize what has changed, even if those changes are difficult to put into words. You'll revisit the Trauma Stones that remain, honor the history they carry, and consider how they might serve a different purpose in the life you're building. You'll also return to the younger version of yourself who may still be waiting for someone to walk through the door, and offer the reassurance and permission to rest that you may not have received when you needed it most.

You don't have to finish healing to cross this threshold. You only have to be willing to stay.

That is where the survival mission ends.



Awareness & Alignment Prompts

1. Healing does not have to look like someone else's process, pace, or blueprint, *page 355*. Whose timeline have you been measuring your healing against? What would building your bridge your way look like in 1-2 sentences?
2. What is one whisper you understand differently now than when you began this book?



Additional Journal Prompts

1. The C-130 whisper, *pages 356–357*: Think of a moment when something steadied you that you could not explain at the time. What if that steadiness came from a future version of you? What would that version want you to know today?
2. The fourth-grade bedroom, *page 357* (full story on *pages 292–294*): My younger self called the presence she felt a ghost. Perhaps one day you will become the presence your younger Self needed. What would your younger self have called you if they had felt you walk into the room?



3. The great-grandmother, *page 356* (full story on *pages 177–178*): Who in your lineage might finally exhale because of the work you have done? What did they carry that you no longer have to?
4. The debrief you never got, *page 357*: You do not have to be a veteran to have a mission no one debriefed. Choose one experience that never got its After Action Review and answer the AAR questions from your Stand-Down Kit, *page 390*: What was supposed to happen? What actually happened (facts only)? What went right? What activated me? What can I change to make it better?



EXERCISE 1

Then and Now, *pages 354–355*

Think back to the person you were when you opened Chapter 1. You may have recognized some of your whispers immediately, while others may not have made sense until much later. Perhaps you've noticed changes in how your body responds, how you understand your emotions, or how you recognize the survival patterns that once operated outside your awareness.

Return to your Whisper Inventory and Body Scan from Chapter 1 and the Roar Scale you created in Chapter 2. Look at what you recorded then and consider what you understand today that you couldn't have understood when you first began. You don't need to have changed every response or resolved every experience to recognize that something in your awareness may have shifted.

The whisper or pattern	What I understood then	What I understand now



Intention asks us to notice what we are building, what we are carrying, what we are passing down, and what we are finally ready to set down, *page 355*. Finish each sentence.

I am building...

I am carrying...

I am passing down...

I am finally ready to set down...



EXERCISE 2

Umwidmung *pages 353–354*

In Chapter 15, I wrote that some Trauma Stones can be returned because they were never yours to begin with. They began with mothers, fathers, or ancestors who did not have the tools, safety, or language you have now. Other stones cannot be returned, but they can be transmuted into wisdom and used as building material for the bridges we create.

In German, *Umwidmung* refers to giving something a new purpose or use without necessarily changing what it is. I think this is a fitting way to understand what we can do with the Trauma Stones we choose to keep. The stones themselves do not have to change. They still carry the history of what happened, what we endured, and what we learned along the way. What can change is the purpose they serve in our lives. A stone that once weighed us down can become part of the foundation beneath our feet, part of the bridge we're building for ourselves, or something that may one day help someone else find their way home.

Look back at the boulders and pebbles you named in Chapter 2. You have already had the opportunity to return stones that were never yours to carry, so those are not the stones we are working with here. This exercise is about the stones that remain, the ones that belong to your own story, and what you might choose to do with them now.

As you revisit each stone, think about when you first picked it up, what was happening in your life at the time, and what purpose it may have served. Perhaps it helped you survive something you did not yet have the tools to understand. Perhaps you carried it for so long that its weight became familiar, and you stopped questioning why it was there. Now consider what you understand about that experience that you could not have understood when you first picked up the stone. What does it mean to you today, knowing what you know now?

You are not being asked to find something good in what hurt you or to justify what happened. You are being invited to honor the history of the stones you have chosen to keep and consider what purpose they might serve in the life you are building. The stones themselves remain unchanged. They still carry the history of what you experienced, but they no longer have to serve only as reminders of what you survived. You get to decide where they belong and what you want to build with them.



The name of your Trauma Stone	Where did you pick it up?	What purpose did it serve or help you survive?	What do you want to do with it now?



EXERCISE 3

The Door, pages 354, 357-358

Chapter 15 closes with the younger you, still waiting in that room, still holding more than they should have had to carry, finally seeing you walk through the door. You don't explain. You don't apologize. You just hold them. And this time, you stay.

Part 1: Think about a younger version of yourself who needed someone to show up for them. How old might they have been? Where were they? What were they carrying that they should never have had to carry alone? If no particular memory or room comes to mind, you can imagine a place where your younger Self might have needed reassurance, protection, or simply someone willing to stay.

Part 2: Walk through the door. What do they notice first about you? What do you notice about them? Write it, draw it, or both.

Part 3: Write your stand-down order. In the book, I gave you mine: "STAND DOWN. THE MISSION IS OVER. YOU'RE ALLOWED TO REST." Now write it in words your younger self would understand.

Let this be a moment when your mind can slow, your body can soften, and your soul no longer has to wait alone.



This Chapter Was Intended to Help You...

...recognize how much you may have come to understand about yourself since you opened Chapter 1. Some of your whispers may make more sense now. Some of the survival responses you once questioned may have become easier to recognize, and some of the Trauma Stones you've carried may no longer need to serve the same purpose they once did.

You revisited the stones that remain, not to erase their history or pretend they never hurt, but to consider how the wisdom you've gained might become part of the bridge you're building. You also had an opportunity to return to a younger version of yourself, to recognize what they endured, and to offer something they may have needed for a very long time.

You do not have to be finished healing to recognize how far you've come, and you do not have to turn everything you've survived into something useful for someone else. Sometimes the most meaningful thing you can offer yourself is permission to stop carrying the responsibility of surviving every moment as though the danger is still present.

Chapter 15 was not intended to be an ending.

It was intended to show you that you can walk through the door for your younger self, and this time, stay.

