

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:

- 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.
- Changed webpage from OneEmprima.com/Books/ to OneEmprima.com/TraumaWhispers/ 9/27
- Added Why We Do This Work and This Chapter Was Intended To Help You sections. 10/1

Last updated: September 27, 2026

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 your worksheets 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 you and future readers.

How to Give Feedback

Tell us what helped, what felt unclear, where you needed more room, and what you'd like to see added to future editions of the book or Companion Workbook.

This chapter includes direct links for easy access. In the chapters that follow, you'll see only the website, so feel free to bookmark the links you'll want to return to.

Companion Workbook:

[Trauma Whispers Before It Roars Companion Workbook Feedback Form](#)

Paperback/Hardback/Retail

[Trauma Whispers Before It Roars PAPERBACK + HARDBACK Reviews and Feedback Form](#)

Why We Do This Work

Chapter 1 is where the listening begins.

Before you can trace a whisper, name a stone, or map your Six Layers of Belonging, you first have to notice that something inside you has been speaking all along.

Your body has been talking to you.

It talks through the throat that tightens before you speak up in a meeting. The fog that rolls in when someone asks a simple question. The exhaustion that hits the moment you walk through your front door. The sharp tone that surprises even you. Most of us were taught to override those signals. Push through. Stay busy. Keep moving. Someone else has it worse.

I know that override intimately. In the Army, pushing through wasn't optional. Sometimes it kept people alive. But what keeps you moving on a mission doesn't always know how to help you come home from one. After deployment, the threats changed shape. No flares. No gunfire. Just betrayal, grief, shame, and rage, one after another. I didn't know how to listen when the danger was invisible. What I couldn't hear, I couldn't process. And what I couldn't process became weight I carried for years without understanding why.

This chapter asks you to start small. You don't have to relive your past. You don't have to fix anything. You only have to notice where your body speaks, what was happening around you when it did, and which part of you learned to cut it off.

That part is not your enemy. It learned to override your whispers to keep you safe. In these pages, you'll write to it, and let it know what it needs to hear from you today.

You don't have to understand the whisper yet. You only have to be willing to hear it.

That is where pain stops being a punishment and starts becoming a conversation.

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? 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*

Additional Journal Prompts

1. A. **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?

B. **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?

C. What would it take for you to listen to both? *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 someone you trust what they notice. Maybe it's a friend, partner, or parent.

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

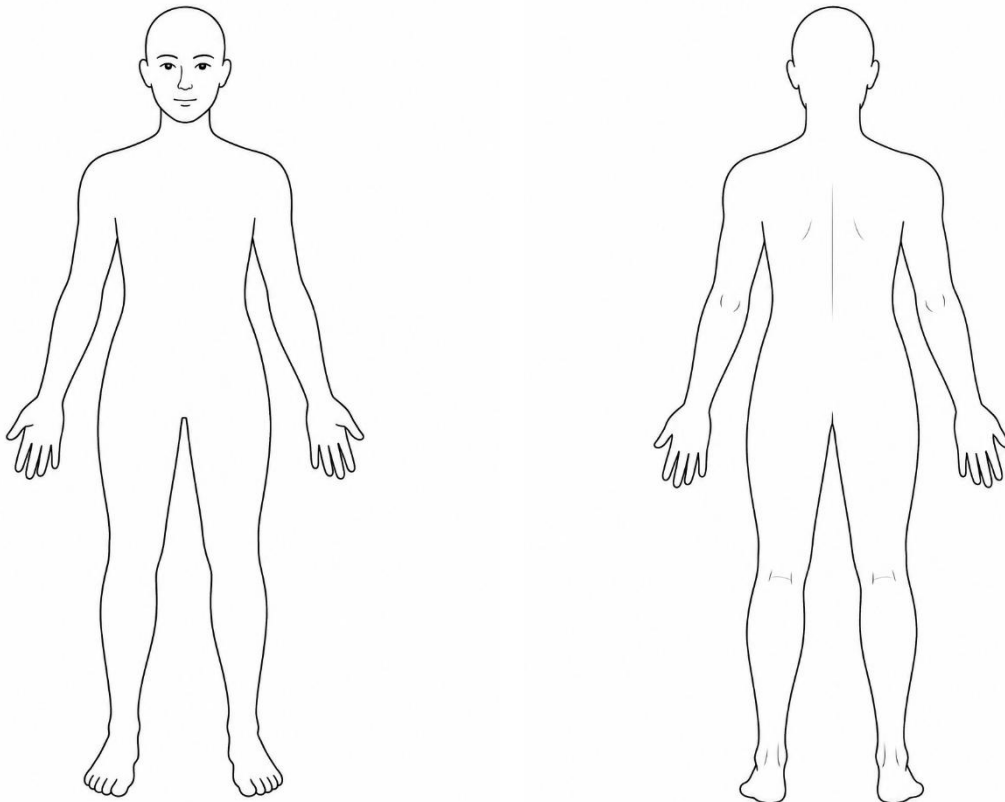
The Body Scan

As you read through the book, you will be asked to notice what is happening inside your body. For many, those signals will be 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 these outlines 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.

Need help putting words to feelings? The Energy Atlas on page 395 can prove useful.



This Chapter Was Intended to Help You...

...start listening. You took inventory of the signals your body has been repeating, noticed what was happening around you each time they showed up, and began mapping where your whispers live in your body.

You named your "keep moving" distractions and looked honestly at what overriding your whispers has cost you and the people closest to you. You wrote to the part of you that learned not to listen, not to shame it, but to understand what it was protecting you from.

You are not being asked to decode every sensation or have all the answers. You are being asked to stay curious instead of overriding.

Chapter 1 was not intended to make you relive what happened.

It was intended to show you that your body has been speaking all along, and that you are allowed to listen.