

# INHERITED TRAUMA INVENTORY



**ANCESTOR:**

**MAIN PATTERN:**

## INTENTION:

What trials and traumas are held in my DNA?

What fears or behaviors am I still carrying?

What fears and survival skills did my ancestors carry (due to those trials)?

What beliefs and limits am I still carrying regarding my life? success? Finances? Health? Relationships? Career? Happiness?

What beliefs and worldviews did my ancestors' carry (due to those trials)?

What emotional baselines became normal for my ancestors?

What habits or behaviors recreate this emotional "comfort zone" in my own life?

Notice any themes?  
Put a star by any patterns that feel especially charged or personal.

List 1 daily habit you can practice to begin to release the unwanted inherited pattern(s).



# HEALING COMMITMENT



WRITTEN COMMITMENTS ARE PROVEN  
TO INCREASE FOLLOW THROUGH

MAKE A COMMITMENT TO EXPLORE 1 INHERITED PATTERN  
THROUGH THIS ENTIRE WORKSHOP. THEN REVISIT WITH OTHER PATTERNS.

## COMMITMENT

I \_\_\_\_\_ (full name) ,

commit to exploring \_\_\_\_\_ (inherited pattern)  
which was passed down through my family line.

I commit to spending \_\_\_\_\_ minutes/hours this week **exploring this theme.**

I commit to spending \_\_\_\_\_ minutes per day noticing **positive shifts in the direction of healing.**

Write one action step you can do today to begin the journey:

SAVE THIS  
SOMEWHERE  
YOU WILL  
SEE IT OFTEN.



# DEEP DIVE WORKSHOP



WANT TO RELEASE THE IMPRINT  
OF ANCESTRAL TRAUMA WITH  
EFT TAPPING?

## Inherited Trauma + Shadow Healing

LIVE ZOOM WORKSHOP + SELF STUDY



**\*\*FREE BONUS \*\***  
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FOR FREE COPY OF  
MY EBOOK:  
**HEAL YOUR  
INNER CHILD**



**DECEMBER 9& 10 ZOOM+ LIFETIME  
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IF YOU WANT TO BREAK FREE FROM THE FEAR  
AND LIMITATION OF YOUR ANCESTORS  
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