



**SAGE HILL
COUNSELING**

TRAUMA EGG

Exercise for understanding your story.
Complete this exercise on a piece of poster board.

FAMILY RULES

- 1.
- 2.
- 3.
- 4.

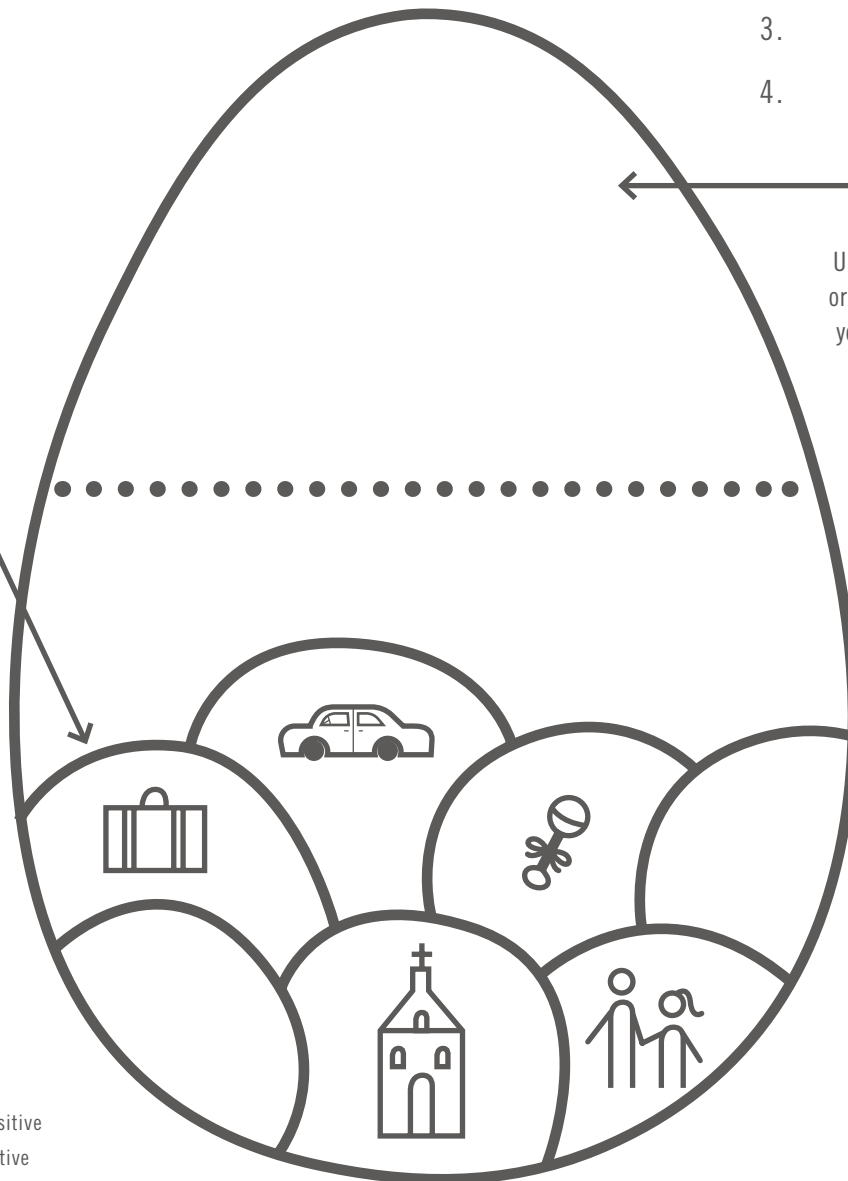
FAMILY ROLES

- 1.
- 2.
- 3.
- 4.

**DRAW ONLY PICTURES
INSIDE OF THE EGG.**

Start at the bottom
with your earliest
memory.

Then "grow yourself up"
using pictures to describe
significant events in
your life. Especially
ones of abuse or
abandonment. Be sure
to include all sexual
experiences and all
romantic relationships.



MISSION

Use words to describe the Mission
or "Marching Orders" you got from
your family & trauma experiences.

Example: I must be "perfect" or
"No one will meet my needs."

FATHER

Use descriptive words, both positive
& negative. Also describe adoptive
fathers or step fathers.

MOTHER

Use descriptive words, both positive
& negative. Also describe adoptive
mothers or step mothers.
