

5-Minute Coaching Exercises for Childhood Wounds

1. Rejection Wound - 'The Right to Belong'

Coach Prompt:

"Close your eyes. Imagine a time when you felt unwanted or like you didn't belong. Just notice it, without judgment."

Coach asks:

- "What part of you do you reject today in order to be accepted by others?"
- "If that rejected part could speak, what would it say it needs from you?"

Practice (2 min):

Client places a hand on heart and says:

"I welcome the parts of me that feel unlovable. You belong here."

Integration:

Ask: "What would change in your life if you truly believed you were enough?"

2. Abandonment Wound - 'The Anchor Within'

Coach Prompt:

"Imagine you're a child waiting for someone who never came. Feel into that moment."

Coach asks:

- "What emotion arises when you imagine being left alone?"
- "Where do you still seek someone else to rescue or complete you?"

Practice (2 min):

Client says:

"I am here for myself now. I won't abandon me again."

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Integration:

"What small daily action would feel like staying with yourself, no matter what?"

3. Humiliation Wound - 'Permission to Be'

Coach Prompt:

"Recall a moment when you felt shamed or made to feel small for being yourself."

Coach asks:

- "What belief about yourself was born in that moment?"
- "How do you still try to 'be good' or 'hide your needs'?"

Practice (2 min):

Client says:

"I release the shame that never belonged to me. I honor my needs without apology."

Integration:

"What's one need you've been ashamed to express-and how can you honor it today?"

4. Betrayal Wound - 'Power with, not over'

Coach Prompt:

"Bring to mind a memory of being let down, lied to, or controlled."

Coach asks:

- "Where do you struggle to trust-yourself or others?"
- "What part of you learned it had to take control to stay safe?"

Practice (2 min):

Client says:

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"I trust myself to discern, to choose, and to protect what matters to me."

Integration:

"What boundary do you need to set-or reinforce-to feel safe today?"

5. Injustice Wound - 'Permission to Feel'

Coach Prompt:

"Picture a moment when you were told to be strong, hide feelings, or 'do it right.'"

Coach asks:

- "Where do you still push down your feelings to seem 'in control'?"
- "What does your body do when it thinks it's not allowed to feel?"

Practice (2 min):

Client says:

"I give myself permission to feel everything, even the messy. My truth matters."

Integration:

"What's one feeling you usually suppress that you're ready to validate today?"