

WORKSHEET

ANCESTOR BACKSTORY WOUND PROFILE

Wound Details

What happened, where it happened, details

Fallout from Wound

Flaws, behaviours, sensitivities, relationship issues, insecurities, etc.

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Negative life lessons your ancestor took from situation

Trust issues that your ancestor developed

Ways your ancestor's self-worth was damaged

The fear that emerged

Flaws that developed to keep people painful situations at a distance

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Biases that developed due to your ancestor's experiences

Negative attitudes or outlooks that your ancestor developed

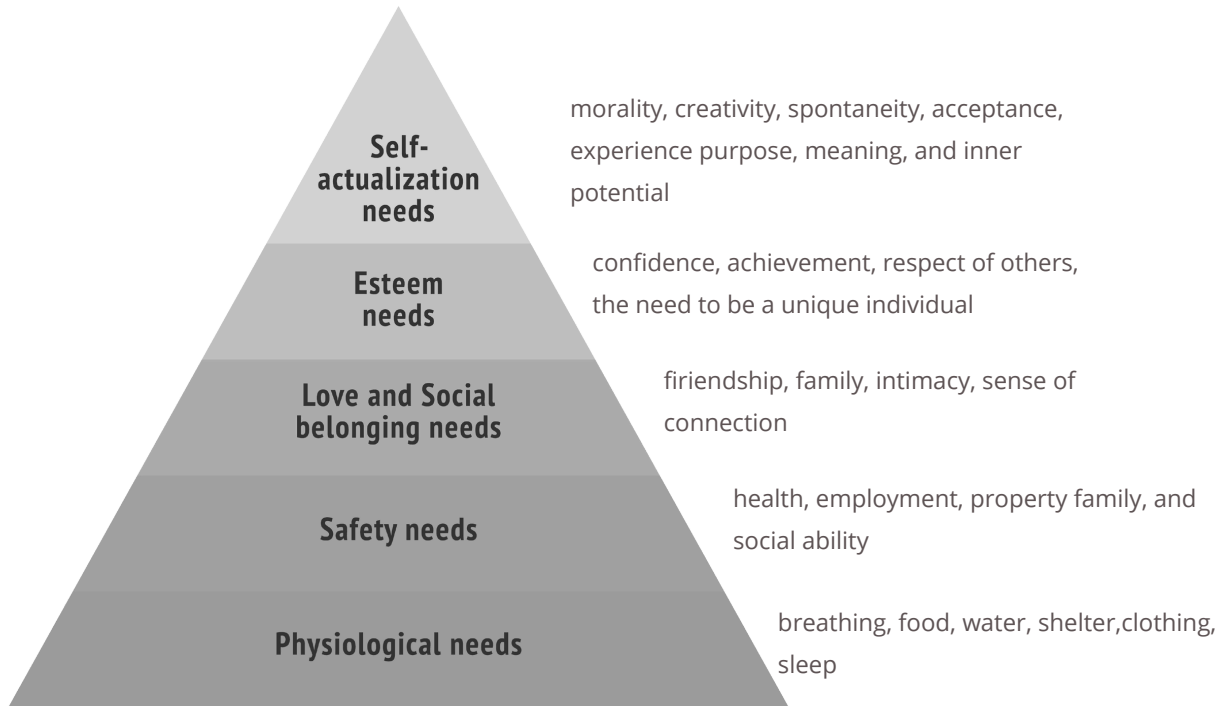
The flaw or false belief the ancestor now believes that contributes, to self-blame or self-worth, disillusionment.

The emotion your ancestor now avoids

Identify any triggers your ancestor has for this wound

REFERENCE

Maslow's Hierarchy of Needs



Emotional Wound Thesaurus by Angela Ackerman and Becca Puglisi

Helps identify wounds, false beliefs, responses and results, personality traits, triggers and opportunities to overcome.

Positive Trait Thesaurus by Angela Ackerman and Becca Puglisi

A large selection of attributes to choose from when building a personality profile. Each entry lists possible causes for why a trait might emerge, along with associated attitudes, behaviors, thoughts, and emotions

Negative Trait Thesaurus by Angela Ackerman and Becca Puglisi

A vast collection of flaws to explore when building a character's personality. Each entry includes possible causes, attitudes, behaviors, thoughts, and related emotions