

Serenity Now

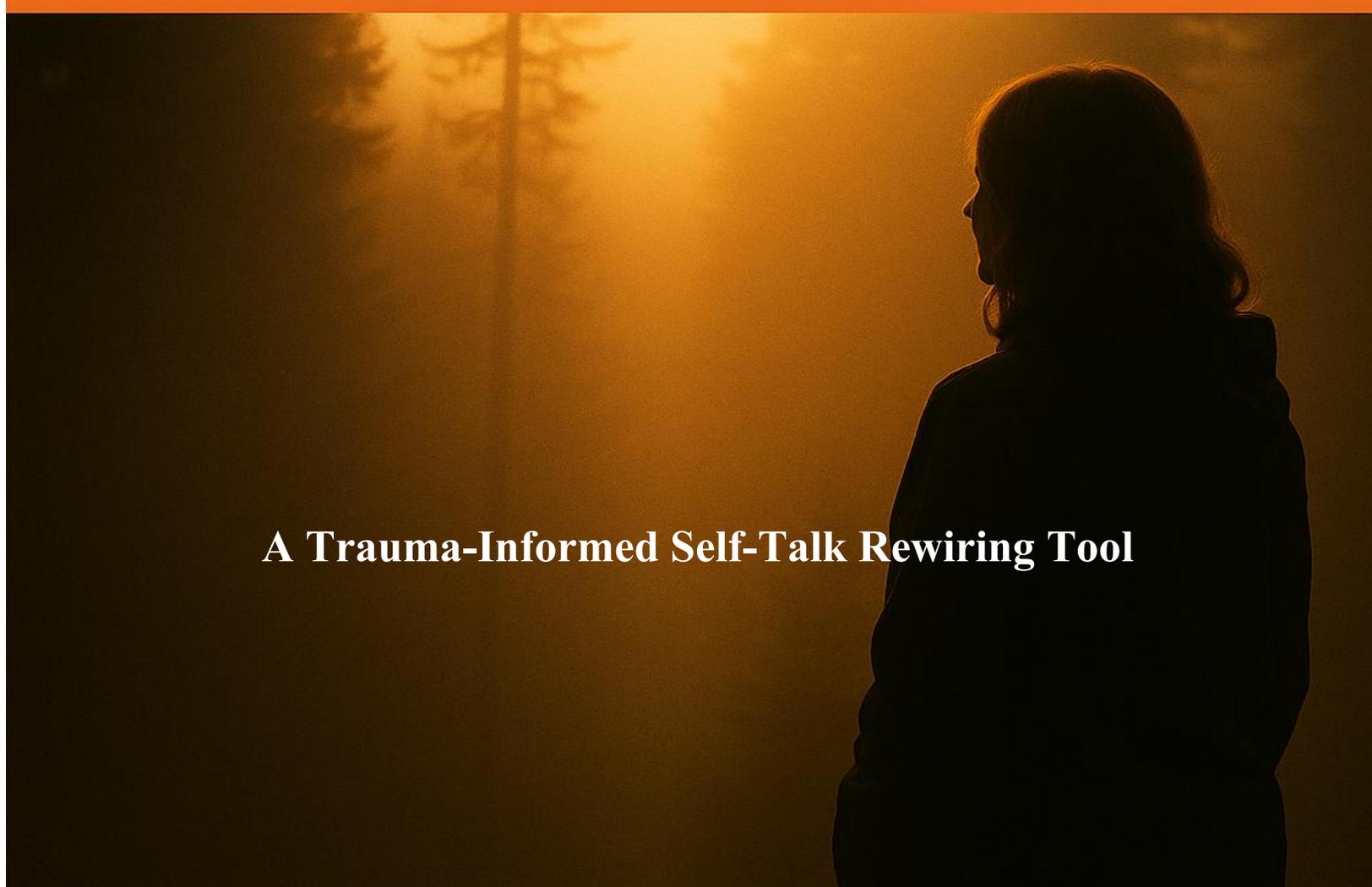
FOUNDATIONS

*Healing Adult Victims of Childhood Abuse
- Survivor to Thriver*

"Speak to Yourself Like Someone You Love"

A Trauma-Informed Self-Talk Rewiring Tool

A Trauma-Informed Self-Talk Rewiring Tool

A silhouette of a person with long hair, seen from the side, looking out over a forest. The background is a warm, golden sunset or sunrise, with the sun low on the horizon, creating a hazy, atmospheric glow. The trees are dark against the bright light.

“Speak to Yourself Like Someone You Love” A Trauma-Informed Self- Talk Rewiring Tool

By Serenity Now Foundations

Because healing begins with how you speak to you.

Why Self-Talk Matters in Trauma Recovery

If you’re a survivor of childhood abuse or neglect, chances are your inner voice didn’t come from *you*—it came from fear, shame, and survival.

That voice might say:

- “You’re so stupid.”
- “You always mess it up.”
- “No one really wants you around.”
- “You’re too much. Or not enough.”

You didn’t *choose* these thoughts.

They were wired into you through repetition—just like a neural pathway worn into a trail.

But here’s the powerful truth:

Your brain can change.

You can rewire those thoughts.

And it starts with how you speak to yourself every day.

The Science of Neuroplasticity in Self-Talk

Your brain has the ability to form new connections and weaken old ones. This is **neuroplasticity**—and it’s the foundation of trauma recovery.

Every time you interrupt a negative thought and choose a new, compassionate response, you’re reinforcing a healthier neural pathway.

Like watering a seed of self-love, even if it hasn’t bloomed yet.

How to Use This Tool

Step 1: Notice the unkind thought.

Step 2: Ask yourself: *“Would I say this to a child I love?”*

Step 3: Use one of the reframes below—or create your own.

Step 4: Repeat it out loud or in writing, like a practice—not a performance.

Do this **daily**. Your brain will follow your words.

12 Self-Talk Reframes Using the “Love Voice”

1. Instead of: “I’m such a failure.”

Say: “I’m learning. Mistakes are allowed here.”

2. Instead of: “I always screw things up.”

Say: “I’m doing the best I can with what I know.”

3. Instead of: “Nobody really cares about me.”

Say: “I’m worthy of love, even when it’s quiet.”

4. Instead of: “I should be over this by now.”

Say: “Healing isn’t linear. I’m right on time.”

5. Instead of: “I’m too sensitive.”

Say: “My sensitivity is my strength. It means I feel deeply.”

6. Instead of: “I’m not good enough.”

Say: “I don’t have to earn worth—I already have it.”

7. Instead of: “They’ll leave if I set a boundary.”

Say: “The right people won’t be threatened by my truth.”

8. Instead of: “Why can’t I just be normal?”

Say: “I’m healing from things most people can’t see. That’s brave.”

9. Instead of: “I hate how I look.”

Say: “This body has carried me through pain and kept me alive. Thank you.”

10. Instead of: “I should be doing more.”

Say: “Rest is productive. My worth isn’t measured in tasks.”

11. Instead of: “I deserve this pain.”

Say: “What happened to me was not my fault. I deserve healing.”

12. Instead of: “I can’t do this.”

Say: “This is hard—and I’m doing it.”

Create Your Own: “Love Voice” Practice

Use this fill-in-the-blank space to rewrite your own inner script. Think of it like writing a message to your past or future self—with compassion.

1. My critical thought:

Reframed with love:

2. My shame script:

Reframed with kindness:

3. My fear story:

Reframed with safety:

Nervous System Tip: Say It While You Soothe

Pairing positive self-talk with **regulation techniques** makes it more effective. Try one of these while you speak kindly to yourself:

- Put your hand on your heart and breathe slowly
 - Hold a warm cup of tea and ground in the moment
 - Imagine hugging your younger self
 - Look into a mirror and hold eye contact gently
-

Your Words Are Rewiring Your World

Every time you speak with compassion—especially to yourself—you send your brain a new message:

“I am safe now.”

“I am not who they said I was.”

“I deserve to be loved—even by me.”

This isn't fluffy affirmation work. This is **trauma healing at the cellular level**. And you're already doing it.

Want More Support?

Join our trauma recovery course: 7 Steps to Turn Your Demons Into Puppies

→ Learn how to deactivate your survival responses using neuroplasticity

🔗 Explore the course at <https://serenitynowfoundations.com/>

Copyright and Trademark Notice. All rights reserved. Unauthorized use, reproduction, or distribution of this document is prohibited.

Serenity Now Foundations and its logo are registered trademarks. All other trademarks are the property of their respective owners.

© 2025 Sugarwest Global Ltd. dba Serenity Now Foundations Institute