



Find Out if
Unhealed
Childhood
Trauma is
Holding You
Back from the
Soul-satisfying
Life You'll Love

Freedom
to Flourish
Self-Assessment

Debra Brown Gordy, MS MRET

*This self-assessment is lovingly created in honor of my daughters
and granddaughter, and dedicated to all women.*

It is time to claim your Freedom to Flourish.



DISCLAIMER: This self-assessment is for informational and educational purposes only and does not diagnose nor treat mental health disorders or medical conditions. By choosing to complete it you acknowledge that you do so voluntarily by your own choice. Completing this assessment does not constitute nor imply establishing a client-therapist relationship between yourself and Debra Brown Gordy, MS MRET and/or The Sophia Women's Institute, LLC.

How Free are You to Flourish?

All of us have inner child dimensions or archetypes within us. Carl Jung, who termed the inner child the Wonder Child, developed the concept of archetypes and was the first to explore the impact and significance of these patterns in the collective unconscious that shape personality, behavior and relationships. Jean Shinoda Bolen, a Jungian analyst introduced the gods and



goddesses of the Greek pantheon as archetypal patterns for women in her books, *Goddesses in Everywoman: Powerful Archetypes for Women*, and *Goddesses in Older Women: Archetypes in Women over Fifty*. As with all archetypes, the inner child is a powerful, largely unconscious influence on our relationships, our lived experiences day to day, our beliefs about ourselves, our place in our families and the world, our roles and what we are here to do and what we deserve.

Others, including Hugh Missildine, Lucia Capacchione and Charles Whitfield developed the idea of the inner child as a construct and starting point for helping people heal from actual painful childhood experiences, including trauma and loss, abuse and unhealthy, non-functional family relationship dynamics. John Bradshaw more recently developed and popularized the idea of the inner child connected to unhealed childhood experiences and the impact of these experiences for adults in their adult lives, “as mental-emotional memories stored in the sub-conscious from conception through pre-puberty.”¹

Research in recent years has highlighted just how significant an impact unhealed childhood experiences of trauma, loss, grief, family dysfunction, among others, has on your ability to fully thrive in all areas of your life, your marriage and other relationships, your health, your profession and even your ability to earn the income your education, credentials, talents and experience merit. Research indicates that unhealed trauma or adverse childhood experiences affect people significantly throughout their adult lives.²

Unhealed childhood trauma can still impact you, even if you don't have any in your own life. I'll be sharing more about these impacts of unhealed trauma in future blog posts or articles. When we have unhealed trapped childhood trauma, it's as if our bodies became adults, but mentally, emotionally, psychologically and spiritually, we are still in the past, when the traumas took place.



ARE YOU IMPACTED BY UNHEALED CHILDHOOD ISSUES?

How likely is it that you are affected by unhealed childhood issues or childhood trauma? The percentage of people affected at this time is very high, as research indicates.³

How can you tell? This short assessment is thoughtfully designed to help you find out.

THE FREEDDM TD FLDURISH SELF-ASSESSMENT

Is your ability to fully thrive and flourish and be present as an adult in your life blocked by unhealed childhood issues or trauma? Respond to the following statements according to this scale to find out:

STATEMENT	HOW OFTEN? Rate 1 – 5
	<i>0 = Never</i> <i>1 = Rarely</i> <i>2 = Sometimes</i> <i>3 = Often</i> <i>4 = Most of the Time</i> <i>5 = All of the time</i>
I have a big fear of change.	
I feel misunderstood.	
Letting go of hurt feelings is hard for me.	
I have memories of painful events from the past that I can't get over.	
I wouldn't know who I am if I hadn't gone through something painful or traumatic when I was a child.	
I feel broken or worthless inside, even if I may act differently.	
I am sensitive to or pick up others' emotions. Sometimes I don't know which are my feelings, and which are someone else's.	
Relationships, especially relationships with my spouse or family, are hard for me.	
I feel guilty asserting myself or advocating for my own needs, especially with my spouse, or in relationships with people I perceive as authority figures or leaders.	
I am prone to feelings of depression.	

I am prone to feelings of worry or anxiety.	
I would do almost anything to keep a relationship.	
I am drawn to pain, tragedy or suffering, or people who have gone through painful experiences.	
When I am around my family I grew up in, I feel like I go back to being the child I was then.	
I am bothered by nightmares or unwanted reminders of painful events.	
I try to avoid thinking or talking about painful events, or avoid reminders of what happened.	
I have difficulty feeling my feelings.	
I am bothered by one or more of the following: poor sleep, poor concentration, feeling jumpy or irritable, or feeling watchful around others.	
I have difficulty expressing my thoughts or feelings, especially if I think they will hurt someone, or I will be judged for being different.	
I don't remember much of my childhood.	

RESULTS AND RECOMMENDATION

SCORING

To find out your score, add up the numbers of your response to each item to reach a total.

You will have of score between 0 – 100.

Record your score here: _____

RECOMMENDATIONS

If your total is between 0 – 18, you likely have little to only minimal impact from unhealed childhood traumas or issues. You may benefit from Spiritual Life Coaching to assist you to fully thrive in your life and relationships and fulfill your Soul Purpose.

If your score is between 19 – 35, you likely have some impact, and unhealed childhood traumas or adverse childhood experiences may be holding you back from the full happiness, love and joy you Desire. Spiritual Life Coaching and Energy Psychology can help you heal.

If your total is between 36 – 55, you likely have moderate to substantial impact from unhealed childhood traumas or adverse childhood experiences, affecting your life in several ways. You are likely easily triggered into re-experiencing these events, which may be affecting your health, your personal relationships and/or your ability to make your highest contribution in one or more areas of your life. You may feel like you are living inside a cloud from the past, and unable to be present as your adult self in significant ways. Energy Psychology can assist you to heal your Inner Child. I encourage you to get help soon.

If your total is 56 – 100, you likely have significant and multiple impacts from unhealed childhood traumas or adverse childhood experiences, that are likely interfering with your present daily life, your relationships, your happiness and joy, your ability to feel and give love, possibly in your health, in your ability to work to your full capacity, and to stay present as your True Self. You may feel that you are carrying around a big weight inside of yourself, that you can't get rid of. Energy Psychology can powerfully help you heal these issues, and free yourself from the past. I recommend you get help right away.

HEALING IS POSSIBLE. YOU CAN BE FREED TO FLOURISH.

Real, lasting healing and transformation from childhood trauma is possible. *Freeing the Heroine Within* is my flagship program designed to guide women to heal their inner child from childhood wounds, and finally be freed from the issues or traumas of their pasts. Through the specialized and personalized Energy Psychology and Spiritual Life Coaching included in this program,



you will gently and kindly be guided along your personalized Heroine's Journey of healing to freedom without having to re-experience the pain or trauma. And this doesn't take years and years of analysis with only minimal changes. Many women begin to feel significantly better, lighter and freer within just the first couple of program appointments.

The Energy Psychology resources I use have been validated as evidence-based treatment for successfully healing trauma.⁴ Literally millions of people around the world⁵, and countless numbers of my own clients have benefited and healed from trauma, including every client whose Heroine's Journey story is featured on my website. *Freeing the Heroine Within* is thoughtfully and intentionally designed, using these resources to guide clients to heal their adverse childhood experiences and traumas so they can create the soul-satisfyingly joyful lives they hunger for today.

This healing is possible for you too.

YOUR FIRST STEP TO FREEDOM

If this speaks to your heart, and you are ready to claim your freedom to flourish and create the soul-satisfying life, love or work in the world that you hunger for and your heart Desires, then [reach out to me today](#) for a 15 minute Complimentary Connecting Call. We'll talk about your score, and what it means. We'll talk about how I might help you become freed to flourish.

Time is your only non-renewable resource. Unspeakable joy, love, fulfillment and your highest contributions that will make your heart sing, are waiting. Claim the healing and the freedom that is yours to have. [Contact me today](#) to begin.

Love and Blessings,

A handwritten signature in cursive script that reads "Debra".

Debra Brown Gordy, MS MRET

970.878.7368

teamSophia@FeminineSpiritualPower.com

REFERENCES:

1. Wikipedia. Inner Child. https://en.wikipedia.org/wiki/Inner_child
2. A general overview of perhaps the most well-known recent body of research is compiled here about the Adverse Childhood Experiences (ACES) test. This is a good lay reader-friendly resource to learn about this research.
<https://acestoohigh.com/aces-101/>
3. *ibid.*
4. Excerpted from “The Science Behind Energy Psychology: Quick Facts.”
The Association for Comprehensive Energy Psychology.
5. *ibid.*

About

DEBRA BROWN GORDY



Debra Brown Gordy, MS MRET is the Women's Energy Psychology therapist & Spiritual Life Coach, & founder of The Sophia Women's Institute. She specializes in healing the inner child of childhood trauma, relationship coaching & intimacy counseling, & divorce coaching for accomplished, spiritually awakening women. Debra has advanced expertise in Energy Psychology approaches and is the creator of The Sophia Method™ of Energy Psychology.

Through unique Energy Therapy & Spiritual Life Coaching programs & Women's Sacred Practices, she guides clients through the inner healing & transformation they need to achieve the outer results they Desire, & the soul-satisfying life they love.

Debra serves clients worldwide. To learn more, visit [The Sophia Women's Institute](https://www.TheSophiaWomensInstitute.com).