



**Time-Light**

OVERCOMING THE PAST  
THAT IS HOLDING YOU BACK

# THREE PART SERIES

SESSION 1: The Troublesome Thirteen

## SESSION 1

[CLICK HERE FOR SESSION 1](#)

# THE TROUBLESOME THIRTEEN

- 1) You have trouble connecting with others emotionally
  - 2) You have trust issues
  - 3) You interpret mundane things negatively
  - 4) You feel constant anxiety
  - 5) You have low self-confidence
  - 6) You feel a need to control everything
  - 7) You have a fear of abandonment
  - 8) You feel overly responsible for everything
  - 9) You're hyper-vigilant all the time
  - 10) You suppress your emotions
  - 11) You self-sabotage
  - 12) You suffer anxiety, especially in new situations
  - 13) You have a hair-trigger anger
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SESSION TWO:  
The ACEs you don't want



## SESSION 2

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SESSION THREE:  
The five ways to heal



## SESSION 3

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# ACES (ADVERSE CHILDHOOD EXPERIENCES) ITEMISED BY THE CDC AND KAISER PERMANENTE IN 1997:

1. Parent swore at or insulted the child
2. The parent acted in a way that made the child fear he or she might be physically harmed
3. A parent often slapped, pushed or grabbed the child
4. A parent often hit a child so hard that there were marks or injuries
5. A parent touched or fondled the child
6. A parent wanted the child to touch them in a sexual way
7. A parent attempted some form of sexual intercourse with the child
8. A parent succeeded in having sexual intercourse with the child
9. A parent had a drink or substance abuse problem
10. A parent used street drugs
11. A parent was depressed or mentally ill
12. A parent attempted suicide
13. The mother was sometimes pushed or grabbed
14. The mother was kicked, bitten or hit with a fist
15. The mother was repeatedly hit
16. The mother was threatened with a knife or gun
17. A parent went to prison
18. Parents were separated or divorced

