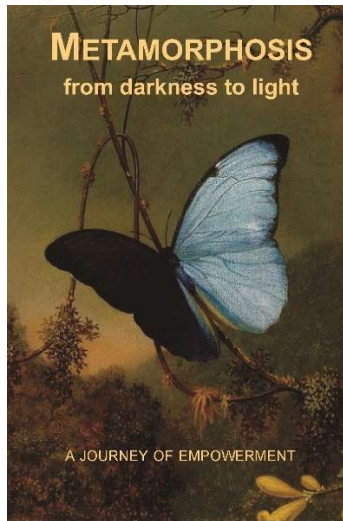


CONFIDENTIAL PARTICIPANT QUESTIONNAIRE



*“What if the worst thing that ever happened to you
turns out to be the best thing that has ever happened to you?”
~ Joe Dispenza, *Becoming Supernatural**

OVERVIEW/INTRODUCTION

On Easter weekend, 2012, I was admitted to Guelph General Hospital, under Form 1 (suicide watch). At the time, I was in the process of extricating myself from a very emotionally/verbally abusive relationship. I was severely dehydrated and malnourished, and I was suffering the effects of PTSD. After being released from hospital, I spent a lot of time, in the weeks, months, and even years that followed, trying to come to terms with all that had happened, and why.

A strange thing happened as I worked through my anger and bitterness towards my ex. I continued to experience the debilitating effects of the trauma I experienced, and I started to realize that there was far more to the story than I originally realized.

I came to understand that the relationship was a result of the underlying causal issue, the toxic shame that began during my early childhood. Because I hadn't dealt with the shame (not knowing that it even existed), I had lived a life of hyper-vigilance, dreading the day that I'd be outed as the unworthy person I believed I was. It was that shame and core belief that led me to the abusive relationship in the first place, because it was "what I deserved."

As I worked through the process of recognizing, confronting, and healing from that toxic shame, I made a very important and, for me, life-altering discovery. Each of us has a unique purpose in this life, which is directly related to the life lesson we need to learn for our own highest good. That life lesson is, in turn, directly related to the pain or challenge we have experienced. What we need to learn, we also teach. In the words of Marcia Wieder, our wound is our gift to the world.

I am excited about putting this book together. It has been over a decade since I first came up with the idea, and I have been developing the concept ever since. I am excited, especially, about providing an opportunity, for those who are struggling with trauma, shame, abuse, or addiction, to share their stories in a completely anonymous way.

The pages that follow contain series of questions ... some general "survey" type questions which I will use to create a statistical report, and some more detailed, and specific to various concepts that will be included in the book. I have also included some "snippet prompts" as I would like to include some vignettes (200 words max) for various concepts throughout the book. Feel free to provide "snippets" and/or answer only the detailed/specific questions that are relevant to you, or that you feel comfortable responding to.

If you are comfortable returning this to me via email (lisa@onethousandtrees.com), feel free to do so. If, however, you do not want to disclose your identity, you are welcome to return the document by mail, with no name or return address on the envelope. My mailing address is: One Thousand Trees, 3-304 Stone Road West, Suite 338, Guelph, Ontario, N1G 4W4.

Deadline for return of questionnaire is August 1, 2023.

Thank you for your interest and/or participation in this project.

Lisa Browning
Editor & Publisher, One Thousand Trees

SECTION ONE: THE SOURCE

*Behind our damaged perceptions, there is usually a fear that pertains to a core belief.
This core belief is a key line in the code of our personal misery.*

~ Russell Brand, *Recovery*

1. What is your innermost belief (core belief) about yourself or about life in general?
2. Where did that belief come from?
3. Whose voice was it that first convinced you that you were not okay?
4. When have you told yourself that you're not enough?
5. What has been your biggest obstacle? What is currently holding you back?
6. What are you afraid of?
7. What are you ashamed of?
8. What haven't you forgiven yourself for?
9. If you had to sum up your life in one word, what word would that be?
10. What emotions do you associate with your childhood/formative years?

SNIPPET PROMPTS (maximum 200 words):

- Describe one of your darkest moments or memories.
- Write about any experience, not covered in the preceding questions, that you would like to address.

Concepts:

- Toxic shame
- The wounded inner child
- Childhood memories/family of origin

SECTION TWO: THE MANIFESTATION

Until you heal the wounds of your past, you are going to bleed. You can bandage the bleeding with food, with alcohol, with drugs, with work, with cigarettes, with sex; but eventually, it will all ooze through and stain your life. You must find the strength to open the wounds, stick your hands inside, pull out the core of the pain that is holding you in your past, the memories, and make peace with them.

~ Iyanla Vanzant, *Yesterday, I Cried*

1. How/by whom were your core beliefs reinforced through the years?
2. How did you reinforce your feelings of “not good enough”?
3. What life events have shaped you? What effect has each had?
4. How has your trust in others been betrayed?
5. In what ways have you self-sabotaged?
6. What coping mechanisms (positive or negative) do you use/have you used to avoid feeling emotional pain?
7. Why are you afraid of feeling that pain?
8. What emotions do you associate with your darkest times?

SNIPPET PROMPTS (maximum 200 words):

- Describe one of your darkest moments or memories.
- Write about any experience, not covered in the preceding questions, that you would like to address.

Concepts:

- Self-sabotage
- Addiction
- Other coping mechanisms

SECTION THREE: THE BREAKING POINT

*You have to let your darkness shape your journey to the place of healing.
You have to go deeper than your mood, far beneath your emotion,
and down into the underworld of the very meaning of your life.
~ Thomas Moore, *Dark Nights of the Soul**

1. What do you/did you do to keep yourself and your world safe?
2. Have you reached your breaking point?
 - a. If yes, when/how did that happen? What emotions did it bring to the surface?
 - b. If no, what do you think it will take for that to happen? What emotions are you currently struggling with?
3. What lesson do you believe are meant to learn in this life?
4. What do you believe is your purpose in life?
5. What are your dreams and desires?

SNIPPET PROMPTS (maximum 200 words):

- Describe one of your darkest moments or memories.
- Write about any experience, not covered in the preceding questions, that you would like to address.

Concepts:

- Dark night of the soul
- Rock bottom/breaking point

SECTION FOUR: THE RENEWAL

Though you cannot change what happened in the past, by shifting your perspective of it, you can change how you are right now. You can change the story, and you can change your life.

~ Brianna Wiest, *The Mountain Is You*

1. What does your new life look like?
2. What do you hope for?
3. What sparks your enthusiasm, makes you feel alive, or brings you joy?
4. What healing modalities have you used/do you use?
5. What else do you do for self-care?
6. Have you discovered your soul purpose?
 - a. If yes, how? When? What is that purpose?
7. What emotions do you associate with your brightest times, or your highest hopes?

SNIPPET PROMPTS (maximum 200 words):

- Describe one of your brightest moments or memories.
- Describe your “best life.”
- Write about any experience, not covered in the preceding questions, that you would like to address.

Concepts:

- Soul purpose
- Rebirth/renewal/reinvention
- Self-care

GENERAL SURVEY QUESTIONS

1. What is your age?
2. What is your gender?
3. What is your sexual orientation?
4. Where are you on your healing journey?
5. Are you in a relationship? If yes, is your partner supportive, or are they unsupportive/codependent?
6. Are there people in your life who you can count on to support you? If yes, how many?
7. Are you in an abusive relationship? If yes, what is causing you to stay?
8. If no, how long did you stay? What caused you to leave?
9. Are you self-medicating now?
10. Did you self-medicate in the past?
11. If yes, what substance(s) do you use?
12. Are you self-harming now?
13. Did you self-harm in the past?
14. Have you considered and/or attempted suicide?
15. Which of the following are you currently experiencing/have you experienced in the past?
 - Physical/sexual abuse ___ Current ___ Past
 - Emotional/verbal abuse ___ Current ___ Past
 - Narcissistic abuse/gaslighting ___ Current ___ Past
 - Bullying/cyberbullying ___ Current ___ Past
 - Neglect/abandonment ___ Current ___ Past
 - Parental/grandparental alienation ___ Current ___ Past
 - Drug/alcohol addiction ___ Current ___ Past
 - Other addiction (please specify) ___ Current ___ Past
 - Depression ___ Current ___ Past
 - Suicidal ideation ___ Current ___ Past
 - Bereavement/grief ___ Current ___ Past
 - Other trauma (please specify) ___ Current ___ Past

If you would like to provide a “vignette” of 200 words or less, to elaborate on anything mentioned on this page, feel free to do so.

Also, if there is something I have not touched on, which you’d like to address, please include details.