Building an anchored sense of self

This diagram describes the process of building an anchored sense of self – starting from a foundation of greater regulation, we move into observation and curiosity and in turn can begin to separate from parts and respond to ourselves, our parts and our experiences from a place of adult perspective and compassion. As we anchor into our adult self, we become able to see and acknowledge our agency and increasingly take self-led action.

This diagram is taken from my new book – *The Power of Self-Healing: Take Action Over Your Trauma*. More information about this diagram and my approach to trauma healing is included in the book, which you can buy through my website at https://sarahwoodhouse.com/book/ Or you can book a session with me and my team through my website https://sarahwoodhouse.com.

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