

Mother's
Whole-Self PAM
Trauma Story



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WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



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The Institute for Whole-Self Prebirth Psychology

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1) In the ____ month of her pregnancy, 2) Mother is at/in _____

3) Before the trauma pattern locks into her, she is feeling _____

4) When (event or continuing circumstance) _____

5) Mother's Physical, Mental, Emotional feelings change to _____

6) These are / are not Familiar Reactions in my life. (Circle which)

7) Mother's Self-judgment words were: (Circle the words which apply)

Unlovable Unimportant Unfulfilled Unworthy Worthless Unacceptable,
Unsupportable Not Good Enough Inferior Inappropriate Irresponsible Guilty

Bad Wicked Terrible Horrible Dirty Disgusting Despicable

Dumb Stupid Inept Incapable Incompetent Inadequate Incomplete

Unrecognized Insecure Helpless Hopeless Powerless

8) These are / are not familiar self-judgments in my own life. (Circle which)

9) Mother's decision/decisions or conclusions about herself or her life were

10) These are / are not familiar decision/decisions or conclusions in my own life.

11) (Name) _____ generates the same feelings/patterns in me as (name) _____
did in mother.

12) The event or circumstance was / was not resolved for mother. (Circle)

12a) Mothers _____ It _____ was _____ resolved _____ for _____

12b) What happens next _____

13) From this story, I have learned from my Whole-Self that _____
