

# 5 WAYS TO PROCESS AND RELEASE PAST TRAUMAS (FOR WOMEN)

BY DINMA NWOBI



# A FEW TIPS TO MAXIMISE THIS MASTERCLASS

To get the most from this experience, here are some tips from one sister to another.

01

Review the contents of this guide before the Masterclass video so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.

02

You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.

03

Think of how you can quickly implement the secrets revealed in this session to improve your life.

04

During the Masterclass, use the dedicated space to write down ALL interesting thoughts and inspirations you get while listening - that way you won't lose the most relevant information to you.

# *Introduction*

## START WITH AN INTENTION



Write down your positive intentions for taking this Masterclass.



Life is a challenge in general but sometimes, you can get hit with a big blow that leaves you devastated, overwhelmed, drained, and even depressed as a woman.

Life can be cruel especially when we are hurt by the people whom we expect to love us and take care of us.

To heal deep-seated pain and trauma and go from pain to personal freedom.

Let's explore 5 proven ways you can process your trauma so you can release them and be free to live your best kind of life.



# Section 1

## FACE YOUR FEARS SQUARELY AND GET TO THE HEART OF THE MATTER

You may have told yourself many stories about your pain, but do you truly know what about that pain is hurting you the most?

To heal from pain, you need to get to the crux of the matter. It's time to step out and look at your pain squarely.

**“The wound is the place where the light enters from.” – Rumi**

### Getting to the Heart of the Matter Exercise

1

What is hurting you?

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2

What is it about that that is upsetting you?

3

What does that mean to you?

4

Assuming that is true, what about that is upsetting you?

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Hint: Repeat the question(s) Stop when you get to the "Aha! That makes sense" moment

# PIN IT

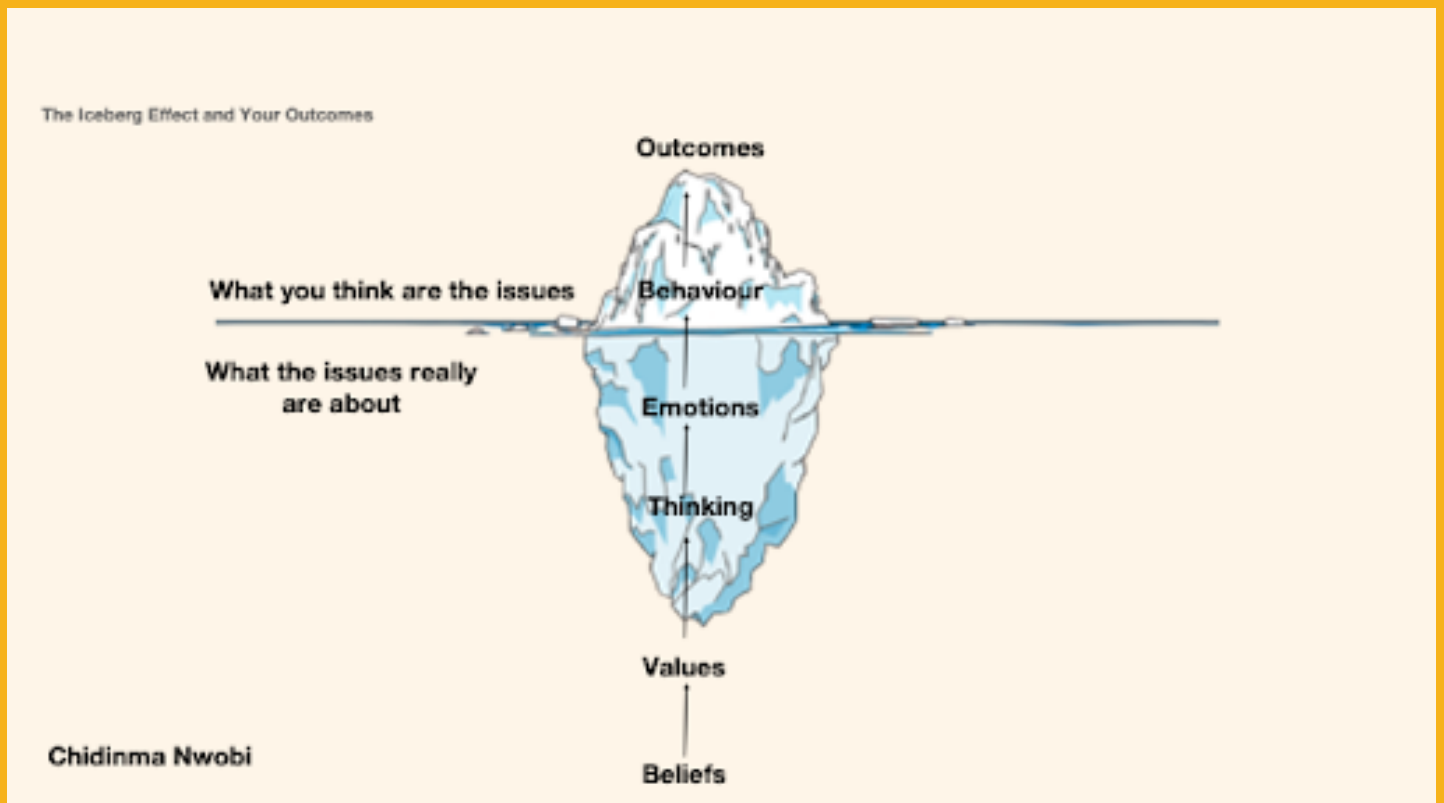
Take a moment to reflect on what you uncovered from the **Getting to the Heart of the Matter Exercise**. What did you learn about yourself and the pain?

**"Self Awareness precedes lasting transformation."**  
**- Chidinma Nwobi**

# Section 2

## BEFRIEND YOUR MIND CHATTER

You may have been focusing on the behaviour that is causing pain. That can just be the tip of the iceberg. What is beneath the iceberg is what you should really be concerned with. The more you become more aware of your values that may have been violated and your beliefs the trauma reinforces, the more you can process the pain.





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With every situation, your brain tries to send you some data through your thoughts and your emotions. Sadly, you may have been socialized to wish negative thoughts away and ignore the negative emotions you feel.

Use this Self Insight Technique to practice befriending your mind chatter and understand yourself more so you can heal deeply.

1

Activating Event: (Situation/Trigger): Describe what happened?

2

Dominant Thoughts: Write down the different thoughts that popped in your head as a result of what happened.

3

Dominant Emotions: How did you feel about what happened? List all the emotions you feel about what happened.

4

Body Mapping: circle the area of your body where you feel the emotions, write the sensation you feel there.



5

What are your emotions telling you? ( Imagine your emotion is your friend)

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6

Dominant Responses: How have you been reacting to this pain?

7

What will you do differently as a result of your increased self awareness?  
What do you think you need to do differently so you can heal from the trauma?

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# PIN IT

Take a moment to reflect on what you learned from the **Befriending Your Mind Chatter Exercise**.

**“The wound is the place where the Light enters from.” - Rumi**

# Section 3

## PRACTICE MINDFUL BREATHING

When you are overly immersed in pain, you tend to ruminate over it and this result in being fixated in the past, causing you more pain. Breathing can help you shift your perspective to the present with increased calmness and clarity.

You can use your breathe intentionally to feel the way you want to feel and release your pain gradually. So, breathe. Practice the relaxing breathwork intentionally as your morning and night routines and anytime you feel sad, ruminating and disconnected.

Practice	When to use it	Intention	Inhale	Exhale
Calming Breathwork (1:2)	When you are stressed, anxious, worried	To slow down your heart rate and make you feel calmer and more relaxed	3	6
Energising Breathwork (2:1)	When you feel tired, afraid or experiencing low energy levels	To pump up more oxygen into your body and make you feel revived and more energised	6	3

# PIN IT

Take a moment to practice mindful breathing. How do you want to feel? Did the breath work make you feel how you wanted to feel? Write about your experience here.

**"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." - Oprah Winfrey**

# Section 4

## FORGIVE YOURSELF

To heal, forgive yourself. Quit shoulding at yourself. Quit blaming yourself for what happened, or what you should have done better or known better. Free yourself from the guilt and shame of what you could have done differently. Forgive yourself and be free.

Practice these Self Forgiveness Affirmations till you feel truly free. Freedom come from not taking responsibility for what you are not responsible for.

### Self Forgiveness Affirmations

- ☐ I forgive myself for .....
- ☐ I will no longer define myself by my mistakes.
- ☐ I deserve to treat myself with compassion and kindness.
- ☐ I love, forgive and accept myself with all of my imperfections
- ☐ I deserve to be able to move on with my life.
- ☐ I am wiser today than yesterday because I have learned from my mistakes.
- ☐ I welcome kindness, compassion and love into my life.



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# PIN IT

Take a moment to reflect on how you feel repeating these **Self Forgiveness Affirmations**.

**To forgive is to set a prisoner free and realize that prisoner was you.”- Lewis B. Smedes**

# Section 5

## EXPLORE GROUP THERAPY

If just thinking about your pain makes you cringe or you don't feel ready to open that wound, consider group therapy. There is something magical about women supporting one another to heal in a group with a compassionate coach. In group therapy, you accelerate your healing through.

- Exchanging coping skills.
- Tapping into the power of meaningful connections.
- Feeling the mutual power of healing together.

Not sure where you can get transformative group therapy to heal and get your power back?

You can book a 1:1 consultation with me. [Click Here to book](#)

**"Getting the help you need, is an art of bravery and self-love." - Chidinma Nwobi**

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# NEXT ACTION STEPS

Take a moment to reflect on what you would do differently to process and release those traumas holding you back so you can be free to live your dream life.

**"Healing is an art. It takes time, it takes practice.  
It takes love." – Maza Dohra**

# About THE AUTHOR

I'm Dinma Nwobi. My tribe call me the Queen of Happiness and Human Flourishing. I am passionate about inspiring and educating women to live fully and enjoy this once-in-a-lifetime life with resilience and authenticity.

I am the founder of Happify Humanity Project with an audacious goal to make the tools of mental and emotional wellbeing and meaningful living accessible and affordable to at least one billion people by 2031.

Over the last 10 years, I have worked with a growing clientele of women in Nigeria, United Kingdom, USA, and across the globe to heal from trauma, attain personal mastery to unleash their power and enjoy their own kind of happy with radical self acceptance, self mastery and self expression.

If you are feeling stuck, overwhelmed or dissatisfied with life, I can help you find the clarity and direction you need through therapy and coaching to reclaim your power and achieve your heartfelt desires. Let's work together to unlock your full potential and create a life of fulfillment and joy.



YOU WANT TO  
RECLAIM YOUR  
POWER?

SCHEDULE A CALL



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