

RECLAIMING YOUR VOICE

FROM SURVIVAL TO SELF-TRUST



WORKBOOK

BY: LYNETTE G. COLLINS, LCPC, LPC, LMHC

Welcome!

Choosing to attend a space dedicated to healing is a meaningful and courageous step. Each person who uses this workbook brings their own story, experiences, and strengths. Whether your journey has included moments of pain, survival, growth, or rediscovery, this space honors all parts of that journey.

This workbook is designed to support you as you reflect, explore, and reconnect with yourself. You will have opportunities to pause, notice your thoughts and feelings, and gently consider how your past experiences may have shaped the way you see yourself today.

There is no right or wrong way to move through this process. You are invited to participate in ways that feel safe and supportive for you. Some moments may bring insight, others may simply offer a quiet moment of reflection, and both are valuable.

Thank you for allowing yourself the time and space to show up for your healing.

Lynette



ABOUT ME

I am a counselor with over 16 years of experience helping people navigate life's most challenging problems. I am passionate about helping people reconnect with themselves, strengthen self-trust, and navigate life's challenges with greater clarity and compassion. In addition to my clinical work, I also lead workshops designed to make therapeutic tools more accessible and practical for everyday life.

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Reclaiming Your Voice: From Survival to Self-Trust

Impactful Counseling Services, PLLC

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PAST SELF

Where Did My Self-Doubt Begin?

Self-doubt may seem like a personal flaw, but it can be a protective response that developed in environments where being quiet, agreeable, or capable felt safer than being fully expressed.

1. What are some common self-doubting thoughts you notice in yourself?

2. When do these thoughts show up most often?
(At work, in relationships, when making decisions, etc.)

3. What might this voice be trying to protect you from?
(Criticism, rejection, conflict, failure, disappointment)

4. When do you remember first needing to think or behave this way?

PRESENT SELF

Responding with Compassion Instead of Criticism

Your Present Self has access to awareness, perspective, and safety that may not have been available in the past.

1. Think of a recent moment when you doubted yourself.

What happened?

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.....

What did your inner voice say?

.....

.....

What might this protective part have been afraid of?

.....

.....

2. If your Present Self could respond to this part with kindness, what might she say?

Thank you for trying to protect me by

I understand you're worried about

Right now, I am safe enough to

.....

.....

.....

FUTURE SELF

Who Am I Becoming?

Self-trust grows when your actions begin aligning with your values, even when fear is still present.

1. If your Future Self trusted herself more fully...
She would be more willing to:

.....

She might say no to:

.....

She would prioritize:

.....

She would allow herself to:

.....

.....

2. Which values matters most to the version of you that you are becoming?
Pick the list on the next page or use your own.

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FUTURE SELF: VALUES

In the space below, review the list of values and select the ones that you would like to see more present in your life moving forward. These values represent qualities, beliefs, or ways of being that feel meaningful and aligned with the person you are becoming. Choose the values that resonate most with you and reflect the future self you want to nurture and grow into.

Core Safety & Regulation Values:

Calm, Stability, Groundedness, Peace, Rest, Balance, Predictability, Ease, Gentleness, Slowness, Simplicity

Self-Trust & Inner Relationship Values:

Self-trust, Integrity, Self-respect, Honesty, Reliability (with myself), Consistency, Self-compassion, Patience, Acceptance, Accountability (without shame)

Emotional & Relational Values:

Connection, Belonging, Mutuality, Authenticity, Respect, Care, Warmth, Empathy, Understanding, Emotional safety, Boundaries

Strength & Resilience Values:

Courage, Perseverance, Resilience, Adaptability, Flexibility, Steadiness, Confidence, Bravery, Endurance, Self-advocacy

Growth-Oriented (Non-Pressuring) Values:

Curiosity, Openness, Learning, Growth, Expansion, Creativity, Exploration, Self-awareness, Reflection

Autonomy & Identity Values:

Freedom, Choice, Agency, Independence, Sovereignty
Voice, Empowerment, Authenticity, Alignment

Meaning & Purpose Values

Meaning, Purpose, Contribution, Service, Legacy, Impact, Fulfillment, Intentionality

Care & Nurturance Values

Nurturing, Caretaking (balanced), Tenderness, Support, Presence, Attunement, Kindness

SELF-TRUST & INTEGRATION

Turning Insight into Action

Integration happens when awareness becomes aligned action; even in small ways.

1. One Self-Trust Action This Week:

What is one small way you can begin trusting yourself more this week?

- ☐ Setting a boundary
- ☐ Asking for help
- ☐ Resting without guilt
- ☐ Sharing your opinion
- ☐ Saying no
- ☐ Other:

2. Plan:

What will you do?

When will you do it?

How might your protective part react?

How can your Present Self respond with compassion?



Thank you for taking the time to reflect, explore, and connect with yourself throughout this utilizing this workbook. The work you began today is an important step on the journey from self-doubt to self-trust. Building a stronger relationship with yourself is not something that develops through continued reflection, compassion, and curiosity about your experiences.

As you move forward, I encourage you to remain gentle with yourself as you continue noticing your thoughts, honoring the parts of you that helped you survive, and leaning into the values that reflect the person you are becoming.

Thank you for allowing me to be part of your healing journey, Lynette.

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