Trauma Alchemy

Flowers to Roots

Reference & Workbook



Human Needs

Connection & Belonging

Acceptance: Being received as you are without judgment.
Affection: Warmth, fondness, and gentle care.
Appreciation: Having your efforts and qualities valued.
Belonging: Feeling part of a group or community.
Closeness: Emotional intimacy and shared presence.
Companionship: Having someone to share time and experiences with.
Compassion: Empathy and care during difficulty.
Consideration: Having your feelings and situation thought about.
Empathy: Being deeply heard and understood.
Inclusion: Being invited in and welcomed.
Love: Deep care, connection, and devotion.
Mutuality: Shared give and take in relationships.
Respect: Being treated with dignity and regard.
Support: Help, encouragement, and backing.
Trust: Confidence in the reliability and integrity of others.
Understanding: Having your perspective grasped.

Autonomy & Freedom

Autonomy: Self direction and personal agency.
Choice: Freedom to select your own path or options.
Freedom: Acting without coercion or restriction.
Independence: Self reliance and personal capability.
Space: Room to breathe, think, and be yourself.

Meaning & Purpose

Awareness: Consciousness and clarity about life and self.
Celebration of Life: Honoring joy, milestones, and gratitude.
Challenge: Stretching your abilities and growing.
Clarity: Clear understanding and lack of confusion.
Competence: Capability and effectiveness in what you do.
Contribution: Making a meaningful difference for others or the world.
Creativity: Expressing imagination and originality.
Discovery: Exploring new ideas, places, or truths.
Efficacy: Seeing that your actions have real impact.
Growth: Ongoing learning and personal evolution.
Hope: Optimism and a sense of possibility.
Learning: Acquiring knowledge and skills.
Mourning: Honoring losses and unmet dreams.
Participation: Active involvement in what matters to you.
Purpose: Having direction and meaning in your actions.
Self-expression: Sharing your authentic voice and identity.

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

Human Needs

Honesty & Integrity

Authenticity: Being real, genuine, and true to yourself.
Integrity: Living in alignment with your values.
Presence: Being fully attentive in the moment.

Peace & Harmony

Beauty: Experiencing aesthetic grace and wonder.
Communion: Deep spiritual or inner connection.
Ease: Effortlessness and absence of unnecessary strain.
Equality: Equal worth and fairness among people.
Harmony: Balance, alignment, and peaceful coexistence.
Inspiration: Feeling uplifted and moved to create or act.
Order: Structure, organization, and predictability.
Peace: Inner calm and outer tranquility.

Play & Joy

Humor: Laughter, lightness, and wit.
Joy: Delight and vitality.
Play: Fun, spontaneity, and recreation.

Physical Well-Being

Air: Fresh air to breathe.
Food & Water: Nourishment and sustenance.
Movement: Exercise and physical activity.
Rest / Sleep: Recovery, downtime, and restoration.
Safety: Physical and emotional protection from harm.
Shelter: A secure and comfortable living environment.
Touch: Consensual, comforting physical contact.
Water: Hydration & Clean Water.

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

NERVOUS SYSTEM & TRIGGER RESPONSES

A quick guide to recognizing the 4F's, the automatic reactions in response to an unmet need.

FIGHT - Confront & Defend (Moving against the perceived threat)
Fight happens when your nervous system tries to protect you by taking control or pushing back.
Examples include raising your voice, arguing, snapping, becoming rigid or defensive, blaming, criticizing, or feeling physical tension like a clenched jaw or tight fists.
Possible underlying needs: safety, respect, autonomy, fairness, and being heard.

FLIGHT - Escape & Avoid (Moving away from the threat)
Flight happens when your nervous system urges you to outrun, fix, or distract yourself from discomfort.
Examples include leaving the room, hanging up, ghosting, overworking, perfectionism, staying overly busy, changing the subject, or feeling restless and needing to fix things immediately. Often associated with numbing and addiction.
Possible underlying needs: space, ease, peace, relief, and emotional safety.

FREEZE - Shut Down & Pause (Stopping to stay unseen)
Freeze happens when a situation feels overwhelming and your system hits the brakes.
Examples include going blank, feeling numb or disconnected, struggling to speak or make decisions, procrastinating, zoning out at a screen, or feeling heavy and stuck.
Possible underlying needs: clarity, time, rest, gentle pacing, and protection.

FAWN - Appease & Merge (Keeping peace to stay safe)
Fawn happens when you prioritize someone else's comfort to avoid conflict or rejection.
Examples include people pleasing, over explaining and apologizing, saying "yes" when you mean "no," ignoring your own needs, monitoring everyone else's mood, or walking on eggshells.
Possible underlying needs: belonging, harmony, acceptance, and connection.

FACE - Ground & Respond (Staying present with yourself and others)
Face is the conscious, regulated state where you can stay connected to your values without reacting automatically.
Examples include pausing to breathe before speaking, naming your feelings and needs without blame, setting clear and respectful boundaries, and listening with curiosity.
Possible underlying needs: authenticity, integrity, mutuality, and presence.

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

The Flowers of Trauma - The Protective Mechanisms.

Unresolved emotional charges, conflicting desires, and chronically unmet needs often manifest as protective survival adaptations, relational defenses, and nervous system dysregulation.

Relational & Attachment Patterns

People pleasing (Fawning): Prioritizing others' comfort to prevent conflict or abandonment.
Hyper independence: Refusing help or vulnerability to avoid potential disappointment or betrayal.
Codependency: Enmeshing your self worth with fixing or managing someone else's emotions.
Fear of abandonment or engulfment: Pushing people away when they get too close, or clinging tightly when they pull back.
Emotional withdrawal: Shutting down or stonewalling during conflict to feel safe.

Behavioral & Coping Mechanisms

Procrastination: Avoiding action when the emotional stakes feel too high.
Over functioning: Using constant busyness to outrun feelings.
Self sabotage: Subconsciously undermining success or good relationships because unfamiliar safety feels threatening.
Control and rigidity: Micromanaging environments or routines.
Compulsive numbing: Turning to screens, work, food, or substances to dull internal tension.

Cognitive & Internalized Beliefs

Hypervigilance: Constantly scanning rooms, tone of voice, or facial expressions for signs of threat or disapproval.
Catastrophizing: Automatically jumping to worst case scenarios to brace for impact.
Chronic self doubt: Second guessing your own intuition, memory, or judgment.
Toxic guilt: Feeling responsible for things outside your control, including other people's moods.
Impaired boundary setting: Struggling to say "no" or recognize where your responsibilities end and another's begin.

Somatic & Nervous System Responses

Dissociation: Feeling disconnected from your body, emotions, or surroundings during stress.
Emotional numbness: A blunted ability to feel joy, excitement, or sadness.
Chronic physical tension: Holding unexpressed stress in the jaw, shoulders, stomach, or pelvic floor.
Burnout and chronic fatigue: Exhaustion from keeping the nervous system in a prolonged state of alert.

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

The Roots of Trauma - Core Wounds

The Wound of Abandonment & Rejection
Core Beliefs: "I am unlovable," "I am unwanted," "I will always be left behind," or "I don't belong."
How it forms: Early experiences of emotional or physical absence, conditional love, or feeling excluded.
What it drives: People pleasing, anxious attachment, fear of rejection, and clinging to unhealthy dynamics.

The Wound of Worthlessness & Defectiveness
Core Beliefs: "I am not enough," "I am broken," "Something is fundamentally wrong with me," or "I am a burden."
How it forms: Chronic criticism, comparison to others, or feeling like you had to earn love through performance.
What it drives: Imposter syndrome, perfectionism, deep shame, and over functioning.

The Wound of Powerlessness & Helplessness
Core Beliefs: "I am weak," "I have no control," "My voice doesn't matter," or "I am trapped."
How it forms: Environments where your autonomy, boundaries, or emotions were overridden, dismissed, or punished.
What it drives: Micromanaging, rigidity, fear of failure, procrastination, or total passivity.

The Wound of Betrayal & Unsafety
Core Beliefs: "I am not safe," "People cannot be trusted," "I am on my own," or "If I let my guard down, I will get hurt."
How it forms: Unpredictable caregivers, broken promises, volatility, or having your vulnerability used against you.
What it drives: Hypervigilance, hyper independence, emotional withdrawal, and catastrophizing.

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

The Roots of Trauma - Core Wounds

The Wound of Invisibility & Neglect
Core Beliefs: "I don't matter," "My needs are too much," "I am unseen," or "I am a bother."
How it forms: Caregivers who were emotionally unavailable, overwhelmed, or focused elsewhere, teaching you to shrink to keep the peace.
What it drives: Suppressing needs, dissociation, emotional numbness, and difficulty setting boundaries.

The "Cinderella" Wound: The Wound of Parentification & Over Adultification
Core Beliefs: "My worth comes only from what I do," "If I don't hold everything together, it will fall apart," "Rest is unsafe or selfish," or "Nobody is coming to take care of me."
How it forms: Being forced to take on adult workloads, chores, childcare, or emotional caretaking too early, teaching you that your value depends on sacrifice and usefulness rather than just being allowed to be a child.
What it drives: Compulsive over functioning, hyper independence, guilt around resting, difficulty receiving help, burnout, and attracting under functioning partners.

"The unconscious has no time. There is no trouble about time in the unconscious. Part of our psyche is not in time and not in space. They are only an illusion, time and space, and so in a certain part of our psyche time does not exist at all."
- Carl Jung

"...For those of us who believe in physics, the distinction between past, present and future is only a stubbornly persistent illusion."
- Albert Einstein

Imagine life as a play, and the characters (your friends & family) are the cast. The Trauma brain doesn't have a timestamp, making the threats project onto the current people in our life.
Projecting onto a "New Cast of Characters": Because the survival response (Fight, Flight, Freeze, or Fawn) is stuck in the present, your brain scans current relationships for familiar cues and projects old unresolved dynamics onto new people, partners, coworkers, or friends, who simply resemble the original trigger.

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

Mapping out your own Survival Responses, Triggers & Needs *and mining the memories that hold the charge.*

Journal Prompts for Self Investigation

When was the last time you were Triggered? (Activated in Fight/Flight/ Freeze or Fawn Response) & What need was hiding within it?

Or, is there any area of your life you feel stuck in because of a Survival response holding you back? & What need(s) is hiding within it?

When in the past do you remember this need going unmet? Can be multiple.

What Survival response did you use back then?

The first time it went unmet? What Survival response was suppressed? Ex. You wanted to fight but were unable to.

Who was responsible for your needs being met back then?

In your current trigger situation, are you projecting this “emotional play” onto a new “cast” or the same “cast”?
Ex. Your mom caused the roots, and is now the trigger. Or, Your dad left to get milk and never came back and you’re always worried your spouse will do the same.

Who are you unconsciously making responsible for your need(s) now?

Do you find healthy ways to get your needs met, or is there one way you can think of now?

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

Journey Prompts

What is your intention for this Journey?

What trigger would you like to see from a different perspective?

Do you have a trigger or most previous memory you can recall to start the journey?

Do you have a memory, feeling or emotion from the **first time**(in childhood) this happened and your needs were unmet?

How many memories do you roughly have? Try to keep it between 2-4

- If it's multi layered, it may be necessary to separate the memories into multiple sessions, or a longer journey. If so, that is ok, as most imprints carry multiple emotional charges. Visiting the same memories for multiple sessions is normal and should not be cause for concern.
- Take note and gather them in your minds eye for reference as we move through time and space. Your higher self, mentor or guide will give you all the information you need to know and understand for your next level of evolution.

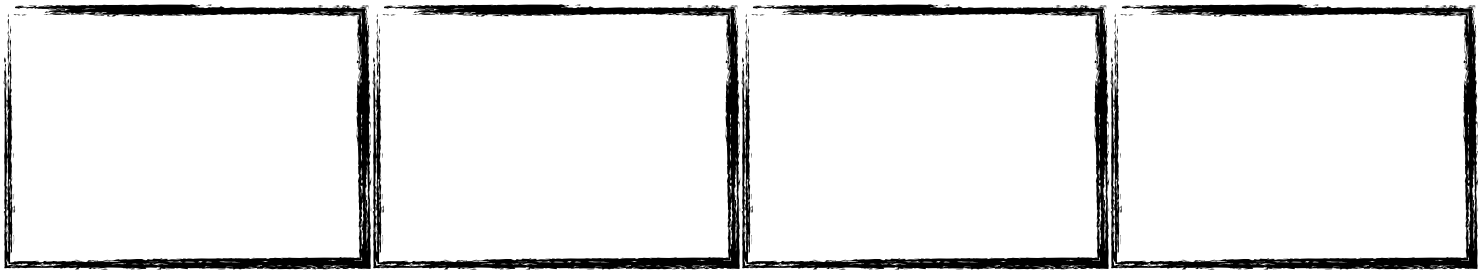
©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

After Journey Journal Prompts - Examples

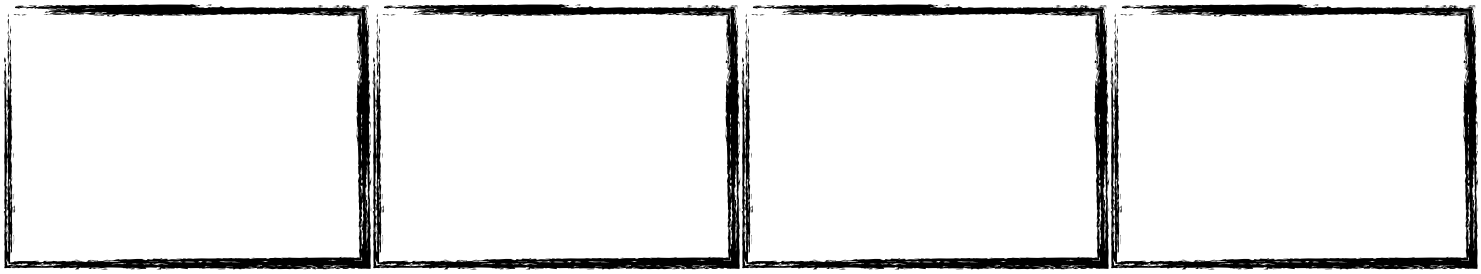
What did your Journey start out like?
What new perspective did you gain?
What new ways can you now imagine and integrate into your life to have your needs balance and met?
Where might you have been suppressing your needs, but feel safe to express them now?
What new meaning have you created from this trigger?
How has your intention changed or been answered for you?
Did any new emotions come up that you weren't expecting?

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

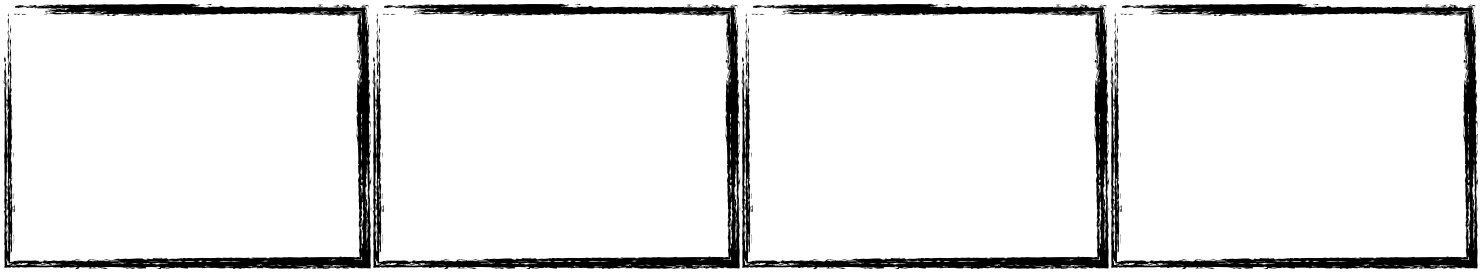
Notes



Safe Place | Most Recent Trigger | Childhood Memory | Safe Place



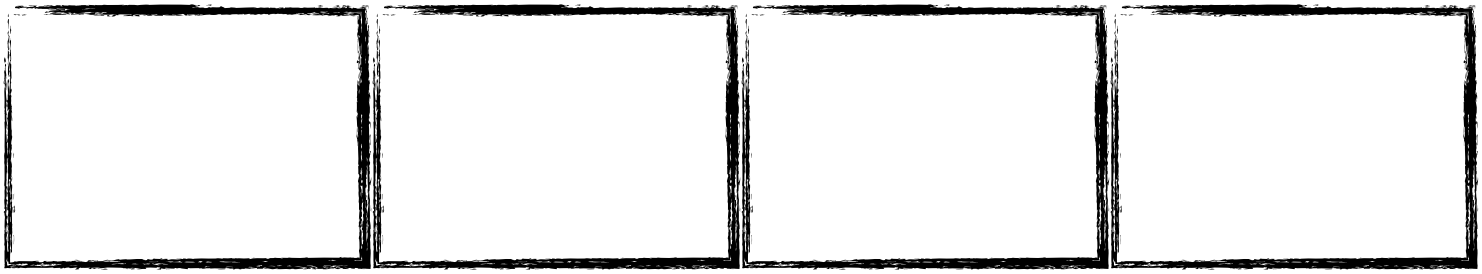
Childhood Memory | Possible Between Memories | Most Recent Trigger | Safe Place



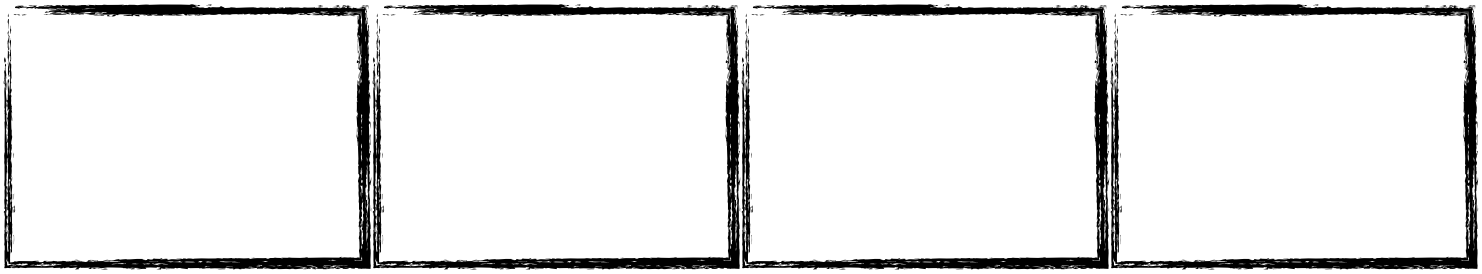
Last Round Higher Perspective | Childhood Memory - Higher Perspective | Most Recent Trigger Higher Perspective | How do you get your needs met - Higher Perspective

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

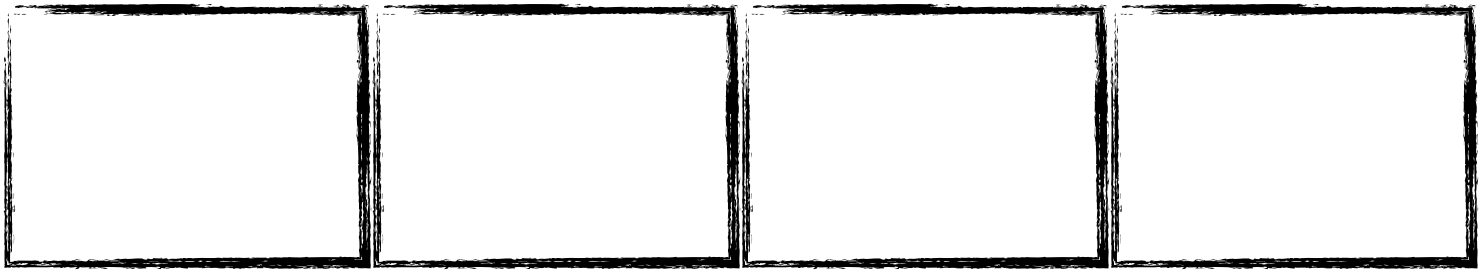
Notes



Safe Place | Most Recent Trigger | Childhood Memory | Safe Place



Childhood Memory | Possible Between Memories | Most Recent Trigger | Safe Place



Last Round Higher Perspective | Childhood Memory - Higher Perspective | Most Recent Trigger Higher Perspective | How do you get your needs met - Higher Perspective

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.

Notes

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.



Trauma Alchemy - Flowers to Roots - Integration Tools

©2026 Michelle D Baumann. All rights reserved. No part of this publication may be reproduced or transmitted without prior written permission.