

# Healing from Betrayal Trauma as a Parent Worksheet

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Use this guide to reflect, respond, and take small steps toward parenting from a place of healing rather than hurt.

## 1. Self-Check: How Is Betrayal Trauma Showing Up in My Parenting?

**Check any statements that feel true for you:**

- ☐ I feel constantly anxious about my child's safety.
- ☐ I have trouble trusting other adults around my child.
- ☐ I feel emotionally distant or checked out some days.
- ☐ I snap at my kids even when I don't mean to.
- ☐ I avoid talking about relationships, trust, or intimacy with my child.
- ☐ I feel shame or guilt about how I'm parenting.

**Reflection:**

What patterns did you notice? How do you think these behaviors are connected to what you've been through?

## 2. Awareness Moment: "Fear or Love?"

**Write about a recent moment when you reacted strongly to your child.**

- What happened?
- What were you feeling?
- If you pause and ask, "Was I parenting from fear or from love at that moment?", what's the honest answer?

## 3. Begin Rebuilding Trust and Safety

**Circle one area where you'd like to grow:**

- Creating more emotional consistency
- Being more present and less reactive
- Modeling healthier relationships
- Letting go of shame

- Talking to my child about trust and emotions
- Something else: \_\_\_\_\_

What's one small action you can take this week in that area?

#### 4. Reach Out for Support

**Pick one of the following:**

- ☐ I will visit [smallgroupsonline.com](http://smallgroupsonline.com) and explore faith-based recovery groups.
- ☐ I will check out [livefreewives.org](http://livefreewives.org) and see if a supportive community feels like a fit.
- ☐ I will look for a counselor trained in betrayal trauma.
- ☐ I will talk to someone I trust about how I'm really doing.

#### 5. A Prayer or Affirmation to Hold On To

**You can write your own or use this one:**

*"God, I want to stop passing pain down to my children. Help me become a safe place, even as I work through my own hurt. Remind me that I'm not alone, and that healing is possible—for me and for my family."*