

ARE YOU A CYCLE BREAKER?

PRINTABLE WORKBOOK



MINDI KESSLER
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HELLO!

I'm Mindi

I am the author of the book, *Cycle Breaker* (not yet released). This book tells my story of overcoming devastating childhood abuse and imparts wisdom to inspire you to create a life you love if you also grew up feeling unsafe and unworthy. Learning to be empowered is an important aspiration for anyone who was wounded in childhood by parents or others.

I fully believe you can have a fulfilling and meaningful life, no matter what you have been through. My mission in life is to guide traumatized people through their cycle breaker journey.



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ARE YOU A CYCLE BREAKER?

A cycle breaker is someone who experienced wounding in childhood and strives to heal from it. This can be from abuse and neglect. It can occur because of birth or medical trauma. People outside our family who treat us cruelly such as teachers and bullies can also be responsible for the origin of the wounds we carry.

Developmental trauma is any experience or set of conditions in childhood that cause us to feel unsafe and/or unworthy. Painful experiences where we felt rejected, abandoned, and not good enough can leave a life-long imprint. This is often the reason why we aren't "crushing it" as adults. Feelings of inadequacy, insecurity, and powerlessness lead to a lack of confidence. We don't believe in ourselves when our power was taken from us as children.

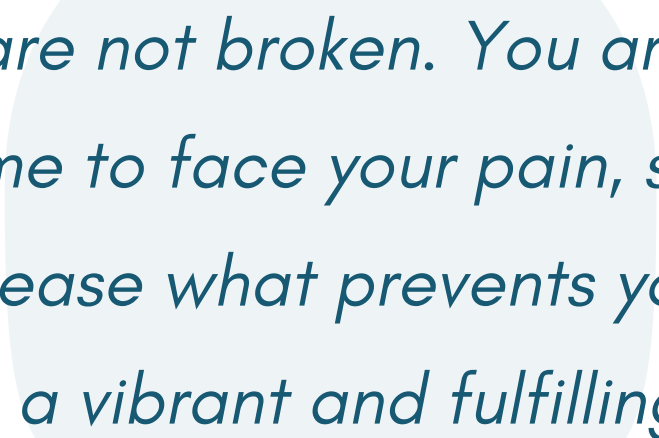
Wounding in childhood creates an expectation about how we will experience life. If we were ignored, we expect to be ignored. If we were invalidated, we will have more experiences where we are dismissed and disrespected. If you had to work hard to please your parents and suppress how you felt, you will continue to do this in your adult relationships. We keep re-experiencing the same stuff as adults that we did as kids—in various forms and in varying degrees—until we heal our wounds. It's the method by which life guides us to see our shadow self—the part of us we have been hiding from. This is the aspect of ourselves that holds pain and insecurities.

The cycle continues until we break it.

The great news is that there is a path for you to heal your wounds and break the cycle! My book, *Cycle Breaker*, shows you how I did it and provides a guide for you to do the same. My online programs, group work, and 1:1 coaching can help you go deeper.

This guide is an introduction to the work, to help you get started.

To help you explore the need for cycle breaking, I have included some journal prompts for you. Please explore these questions at a pace for you that feels good.



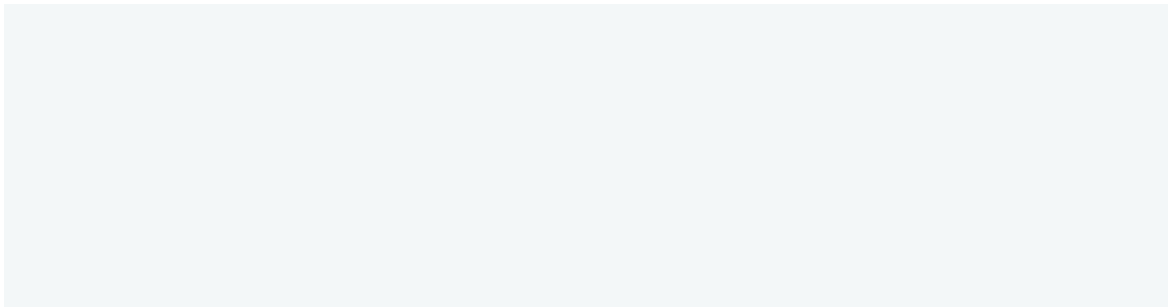
*"You are not broken. You are hurt.
It's time to face your pain, so you
can release what prevents you from
having a vibrant and fulfilling life."*

ARE YOU A CYCLE BREAKER?

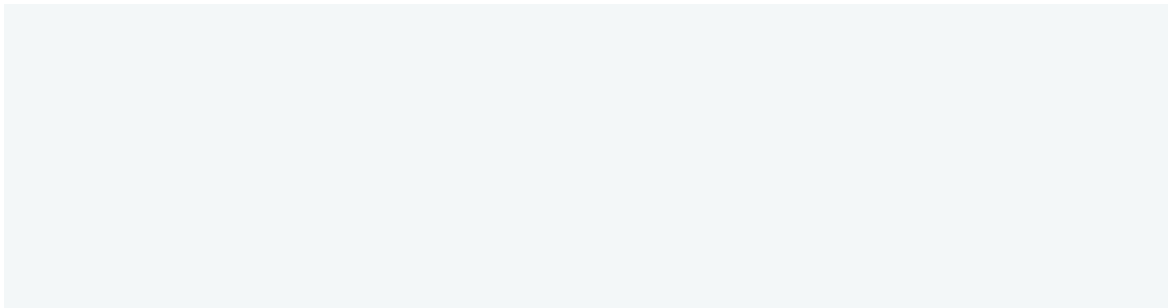
JOURNAL PROMPTS

You can use these questions to curiously explore how your childhood impacted you.

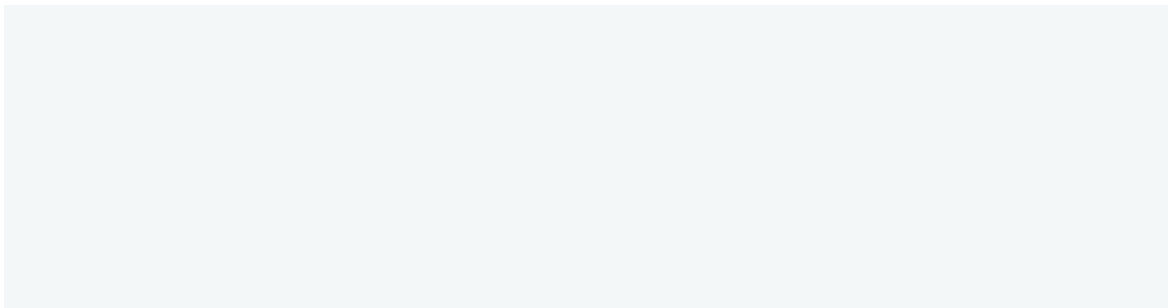
Do I find that I suppress what I want to say around my parents or other family members for fear of upsetting them? Did I do this in childhood?



Do I find myself cringing about some of my parenting moments when I respond to my children in the same punitive or dismissive way my parents responded to me?



Am I unfulfilled in romantic relationships? If so, how do my relationships resemble what I observed or experienced in my childhood relationships?



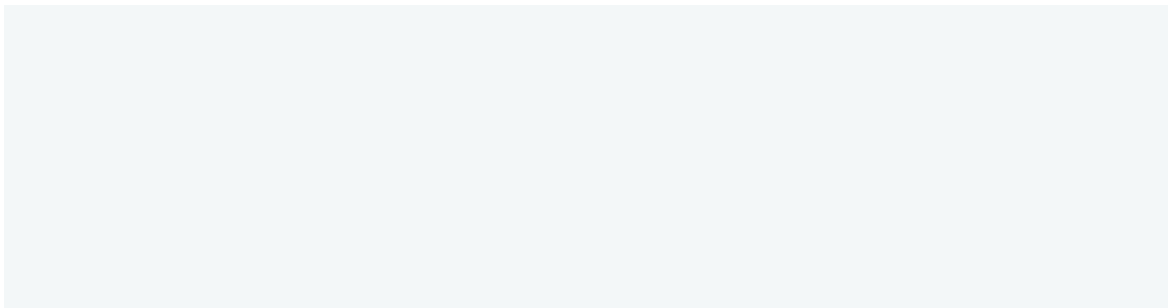
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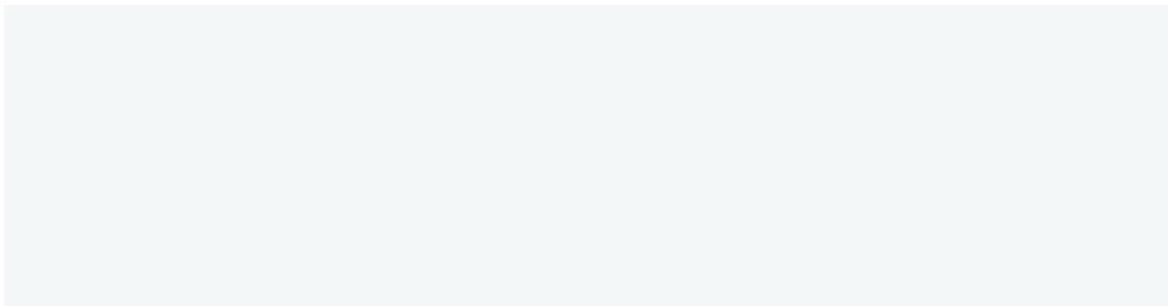
Am I a people pleaser? Do I sacrifice what I want to make others happy? If so, when did this begin? What am I afraid will happen if someone isn't pleased with me?



Did I have to take on adult responsibilities as a child? Do I over-function now, meaning do I do things for others that they could do for themselves?



Do I feel I need to do everything myself—like I can't count on others, so it's just easier to do it all?



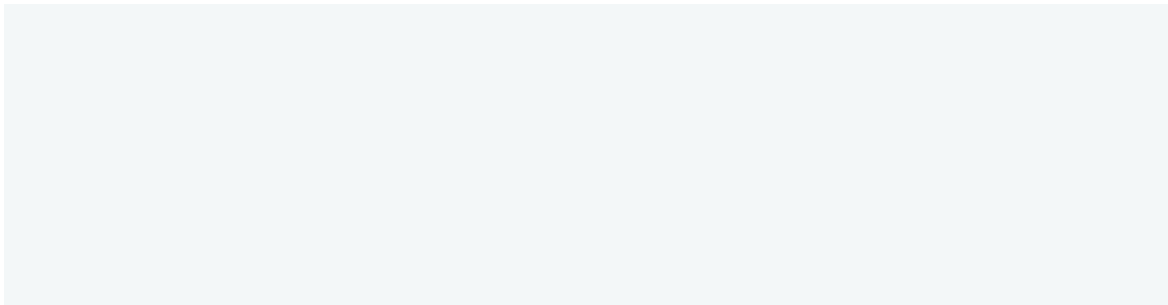
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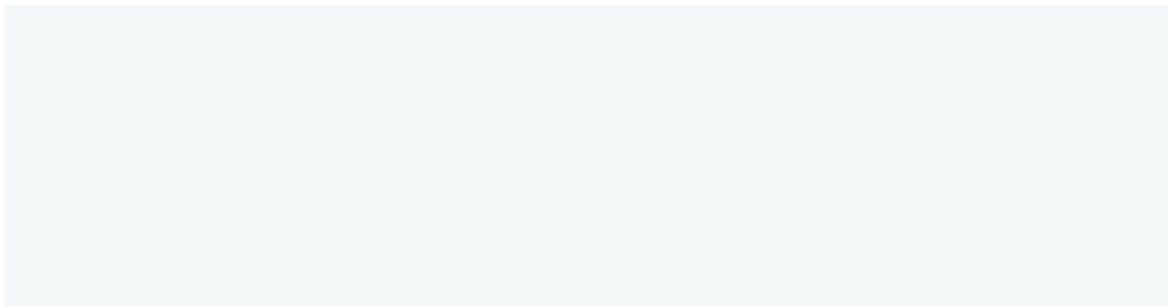
Am I depressed—do I lack motivation, confidence, and the ability to laugh and have fun? If so, why do I think I feel this way?



Do I have the need to control everything? Is it hard to relax and trust that life will unfold in the way that it's meant to? What do I think will happen if I am not in control?



Am I hard on myself? Do I criticize myself? Do I feel unworthy and unlovable? When did this begin?



ASSESS YOUR RESOURCES

What are your superpowers? What comes easy to you? You may not even recognize them as gifts because they are so natural, that you don't have to work at them. Many of your greatest gifts are the tools you used to get through a tough childhood. These are the same gifts that can help you recover and reconnect with your true self.

Here are some ideas:

- Determined
- Stubborn
- Tenacity
- Persistent
- Motivated
- Compassionate
- Creative
- Curious
- Good at finding resources
- Good at using support
- Faith
- Belief that your experiences, even the hard ones, are perfect for your growth
- Belief in the importance of working with the mind, body, and spirit
- Being a seeker—searching for something better
- Willing to learn and grow
- Sense of humor
- Good with your imagination
- Willing to work hard
- Willing to self-reflect
- High achieving
- Strong work ethic
- Self-aware
- Attention to detail
- High performing
- Spiritual exploration
- Always know when people are lying
- Can easily read people

ASSESS YOUR RESOURCES

EXERCISE

Honestly explore your inner strengths, through the following journal prompts. You can use any ideas in the preceding list that resonate and add your own. This exercise is meant to generate belief in yourself and help you access your strengths. I want you to see that even if you don't feel very powerful in your life right now, you truly do have everything you need. Your job is to move forward, and you will see that when you stay focused on healing, everything you need will show up on your path.

My inner strength
superpowers are:

This is how they
have helped me get
through hard times:

These are the
qualities I want to
grow in myself:

Take the Next Step

If you are ready to break the cycle and create a life you love, please know that help is available!

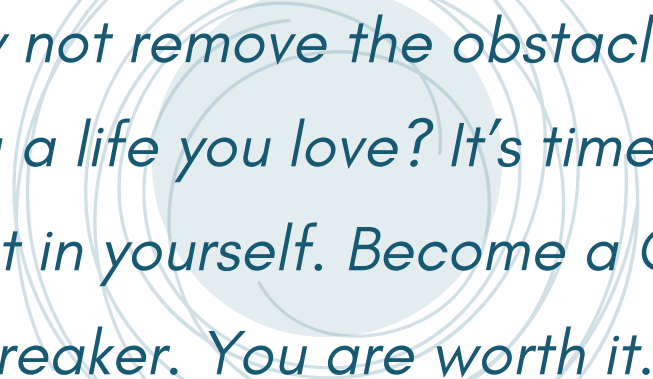
My offerings

- My book—*Cycle Breaker*—coming soon!
- [1:1 Coaching](http://www.mindikessler.com/coaching) (www.mindikessler.com/coaching)
- [Alchemize Your Life](http://www.mindikessler.com/offerings) – a 4-month online course (www.mindikessler.com/offerings)
- Cycle Breaker Group Coaching Membership—coming soon!
- Cycle Breaker Intensives—coming soon!

Wishing you the best on your Cycle Breaker journey.

With love,

Mindi



"Why not remove the obstacles to creating a life you love? It's time to heal. Invest in yourself. Become a Cycle Breaker. You are worth it."