



FIND REASON THERAPY

Counselling and Psychotherapy

The Trauma Triangle Within:

**A 4-STEP PROCESS TO
BREAK THE CYCLE AND
RECLAIM YOUR NEXT EDGE**



Introduction

Most people think they're working with their Inner Child.

But the part that's actually been running the show?
It's the one who had to survive.

The one who:

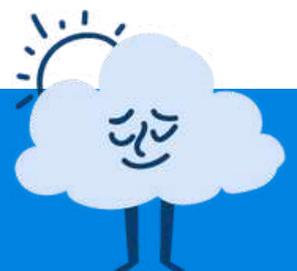
- Took over when things got too overwhelming
- Learned how to be who others needed them to be
- Mastered the art of self-protection through control, avoidance, achievement, or rage

This isn't the Inner Child.

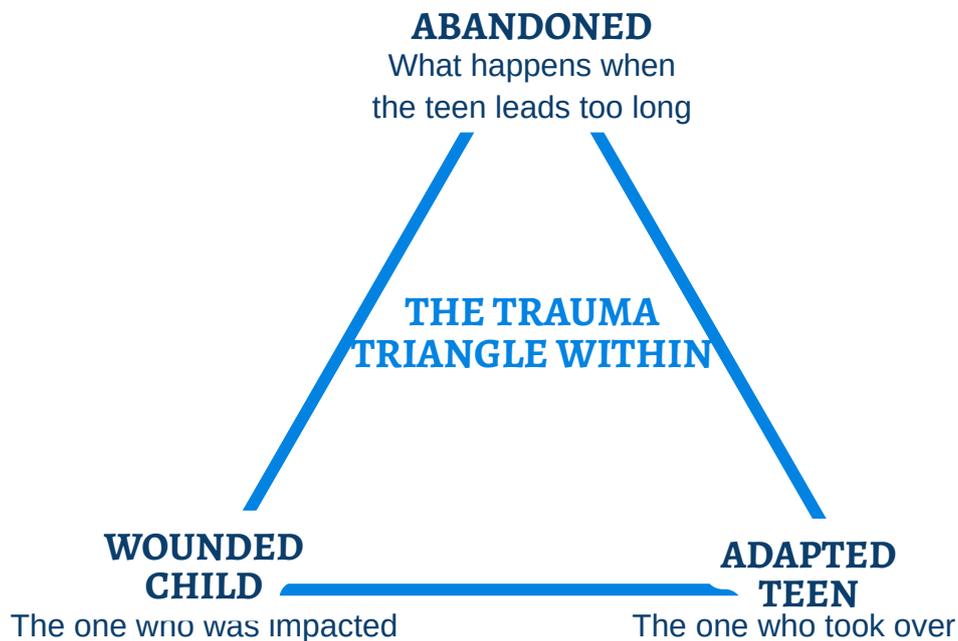
This is the Adapted Teenager your inner protector.
And until we meet them, we stay stuck doing "the work" from the very part of us that was never safe.

In this guide, you'll learn a powerful 4-part model to:

- Identify which part is leading
- Uncover the survival strategy underneath your patterns
- Reclaim the parts of you you've unknowingly abandoned
- Step into the version of you that doesn't have to fight anymore



The Trauma Triangle Within



The Adapted Teen becomes externally focused to protect the wound.
They micromanage the world to avoid being hurt again.
They strive to be strong, impressive, or invisible, anything but exposed.



At first, this looks like:

- Holding it all together no matter what
- Overachieving, pleasing, fixing, or avoiding
- Perfecting everything to stay ahead of criticism or rejection

But when it comes to self-development?

This part often takes over that too.

They're the one who:

- Signs up for every course and reads every book
- Pushes harder to be better, more healed, more aware
- Uses breathwork, journaling, or group circles to "finally get it right" or release that next erk

It appears like progress and function, but it's still a survival strategy.

Because the one doing all of this is still the one who had to cope, manage, and protect.

They're not trying to evolve and expand. They're trying to stay safe.

There might be glimpses of the Wounded Child being seen, but only if it feels safe, tidy, or on schedule. Real transformation doesn't happen until this Adapted Teen feels safe enough to step aside... And let a trusted functional adult, our true self, now lead.

THE CYCLE OF INTERNAL LEADERSHIP (WHO'S REALLY LEADING?)

Once the Adapted Teen takes over, they become the leader of your internal world.
But they were never meant to lead, only to survive.

They run the show with beliefs like:

- “I need to stay in control or everything will fall apart.”
- “If I soften, I’ll be taken advantage of.”
- “Healing is something I have to do right.”

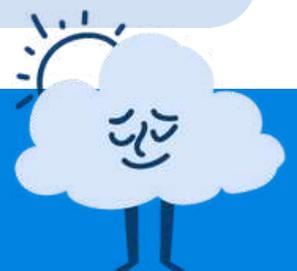
So instead of slowing down, they:

- Rush to apply more tools
- Intellectualise emotions
- Stay productive so they don’t feel too much

But here’s the impact:

The Wounded Child - the part of you who was *hurt* - still isn’t being met.
And the Adult Self - the one who could truly reparent - isn’t in the room yet.

You’re healing on behalf of your pain, but not *with* your pain.
And that’s the trap.



What's Missing?

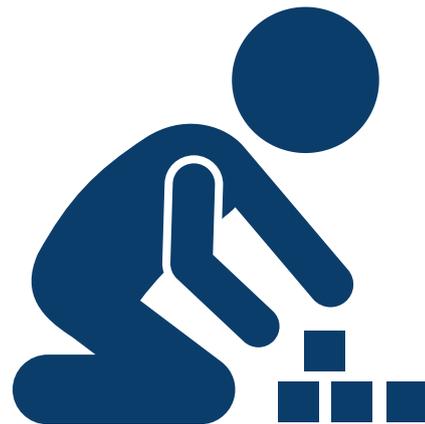
THE ROLE OF THE FUNCTIONAL ADULT

Until your Functional Adult steps in, the healing journey stays hijacked.

The Functional Adult isn't the one who knows more.
They're the one who can sit with what's here... without needing to fix or flee.

They say:

- "You don't need to do more right now. You need to be met."
- "You were never meant to carry this alone."
- "I'm not here to help you survive. I'm here to help you feel safe."



What makes this possible?

Not more information.

But a felt shift in who is leading, from protector... to presence.



The 4-Part Reflection Process

1

WOUNDED:

What part of me was never met?

- What was I needing that I never got?
- What was too much for the people around me?
- What emotion, need, or truth did I learn to suppress?

Prompt:

- “The part of me that still feels unseen is...”
- “I learned to believe that if I expressed _____, I would lose _____.”

2

ADAPTED:

What part of me took over?

- What did I have to become?
- How did I perform, hide, protect, or prove?
- What do I still do now, especially under pressure?

Prompt:

- “When I feel unsafe, I become...”
- “This part of me believes that if I _____, I’ll finally be okay.”

3

ABANDONED:

How have I left this part in charge?

- How long has this part been doing the healing work?
- What’s the cost of not relieving them?
- How do I still relate to myself through their lens?

Prompt:

- “I still expect this part of me to...”
- “The tone I use with myself is often...”
- “This mirrors how I was parented by...”

4

RECLAIMED:

What does my Functional Adult now offer?

- What’s different now that I’m aware?
- What does leadership look like from the Functional Adult?
- How do I begin to lead the child and teen within?

Prompt:

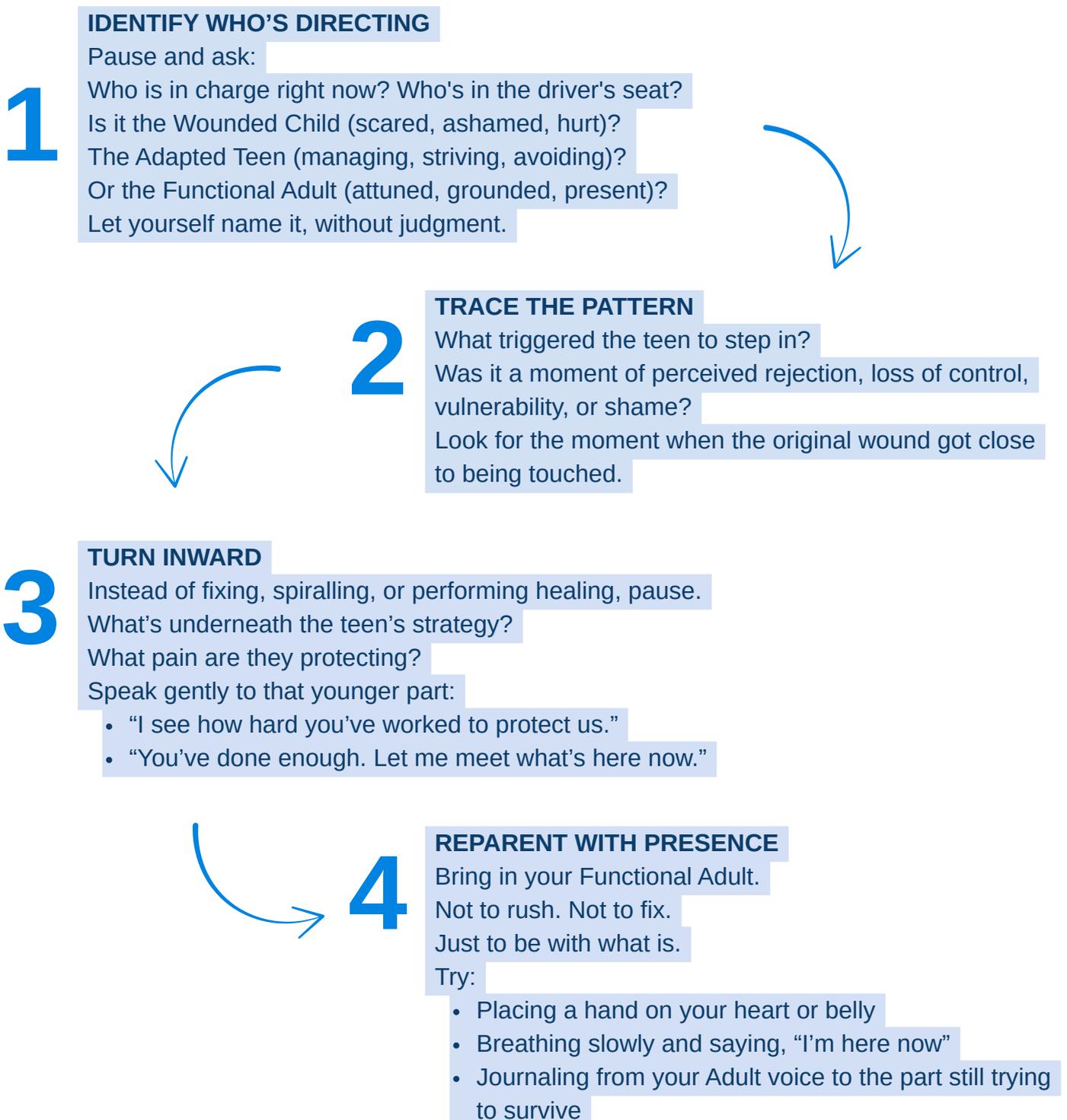
- “I see the one who was hurt.
I see the one who took over.
I’m here now to lead with...”
- “I no longer need to...
I am ready to...”



The 4-Step Process

BREAKING THE TRIANGLE

This is how you interrupt the cycle, and start to reclaim wholeness. For this exercise we can do it in the moment but as practice think about a recent moment of being triggered.



Integration Prompts (JOURNALING OR REFLECTION)

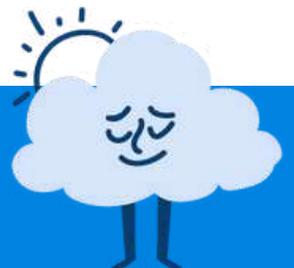
Use these questions to deepen the process:

When I'm overwhelmed, who usually takes over inside?

What does my Adapted Teen believe is necessary to stay safe?

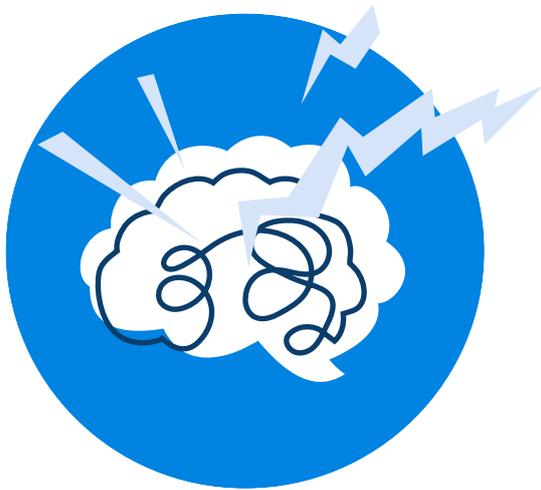
What might the Wounded Child still be needing from me today?

How does it feel to let my Functional Adult speak to these parts, without rushing to heal?



Ready to Go Deeper?

If this guide landed for you,
You're likely ready for the next step.

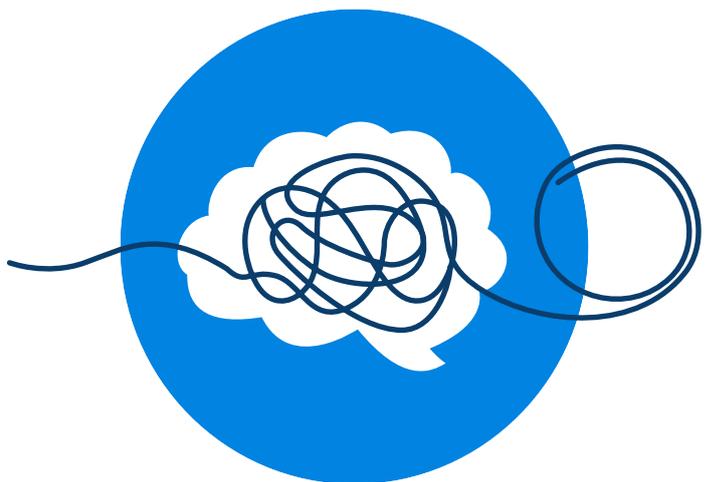


BEFORE YOU DO MORE WORK

a reality-reset training

IT ENDS WITH US

a 3-day in-person retreat for
reclaiming and reparenting the parts
of you still running the show



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Find Your Worth | Authenticate | It Ends With Us