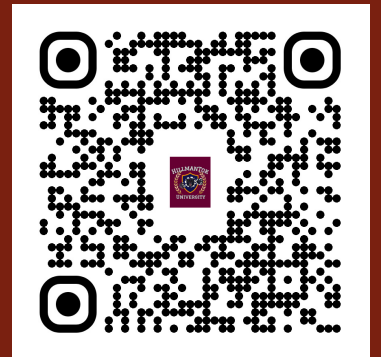
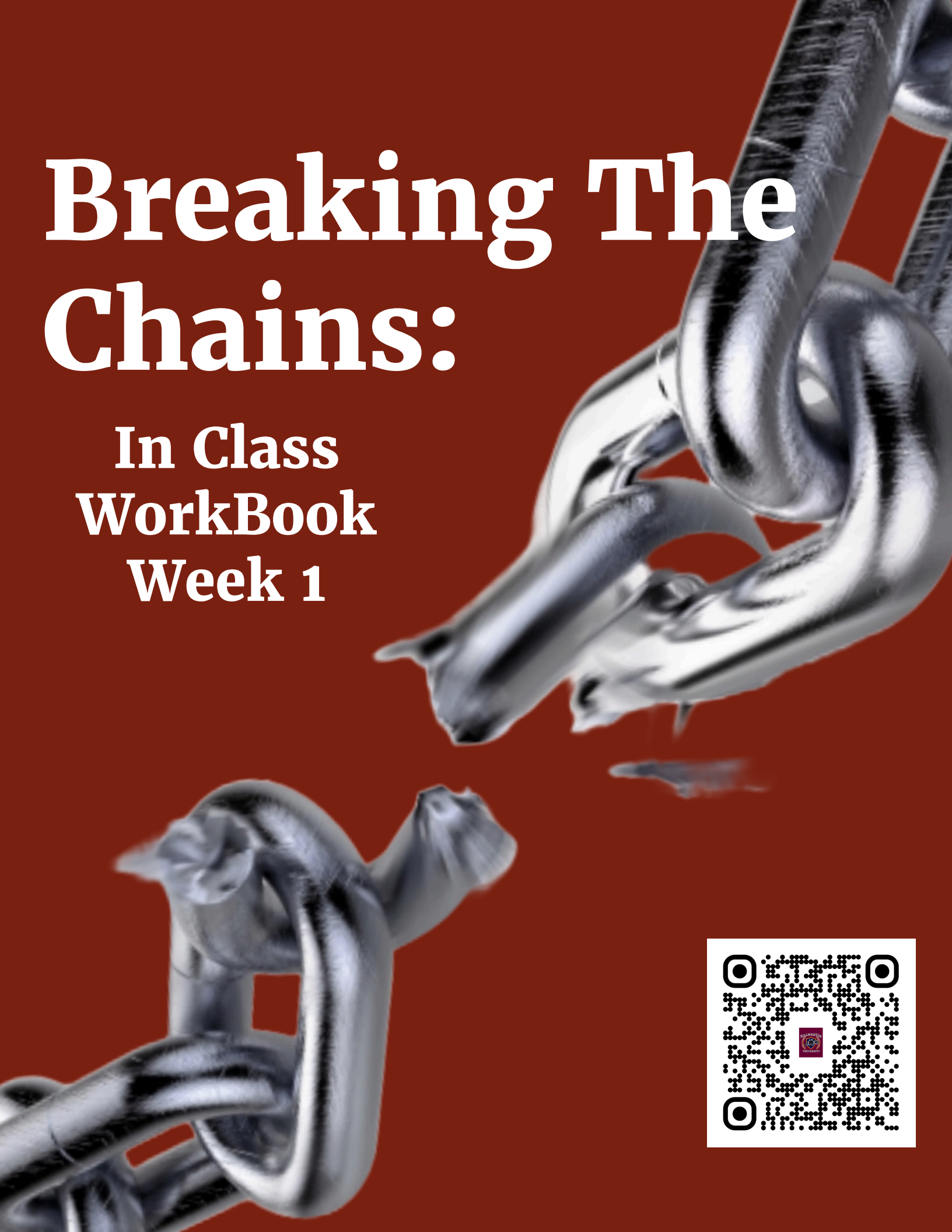


# Breaking The Chains:

**In Class  
WorkBook  
Week 1**



# Workbook: Week 1 - Introduction to Generational Trauma

## **Breaking the Chains:** Understanding & Healing Generational Trauma

### Week 1 Workbook: Introduction to Generational Trauma

Welcome to Week 1!

This workbook is designed to help you solidify your understanding of Generational Trauma and its impact. By engaging in these activities, you will reinforce key concepts and deepen your personal reflection.

### **Week 1 Learning Objectives:**

Define generational trauma.

Understand how trauma is passed down through families.

Recognize the signs of generational trauma in your own life.

Instructor: NaKeesha M. Hayes

Date: Tuesday, April 22, 2025

# Key Terms & Definitions

Key Terms:

***Generational Trauma:***

Trauma that is passed down from one generation to the next.

***Inherited Trauma:***

Another term for generational trauma, emphasizing the transmission of trauma.

***Familial Patterns:***

Recurring behaviors, beliefs, and emotional responses within a family.

**Reflection:** The process of thinking deeply about one's experiences and feelings.

## Definitions:

*Generational Trauma:*

Refers to the psychological and emotional wounds that are passed down from one generation to another. These traumas can manifest as patterns of behavior, beliefs, and emotional responses.

*Inherited Trauma:*

This term highlights the idea that trauma is not just experienced directly but can also be passed down through family lines, affecting subsequent generations.

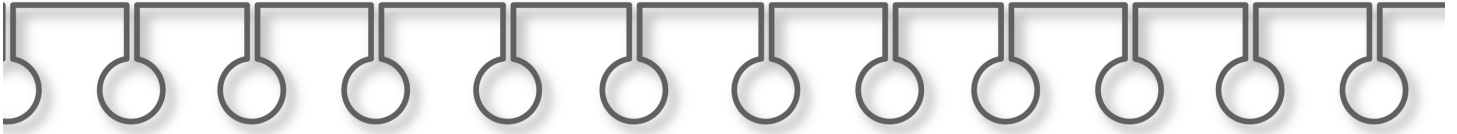
*Familial Patterns:*

These are the repeated ways of interacting, thinking, and feeling that are characteristic of a family. They can include both positive and negative patterns, and those related to trauma can be particularly impactful.

*Reflection:*

This involves thinking deeply about your own experiences, feelings, and beliefs. It is a crucial part of understanding and processing generational trauma.

**Activity: Write a brief paragraph about how you understand  
"Generational Trauma" in your own words.**



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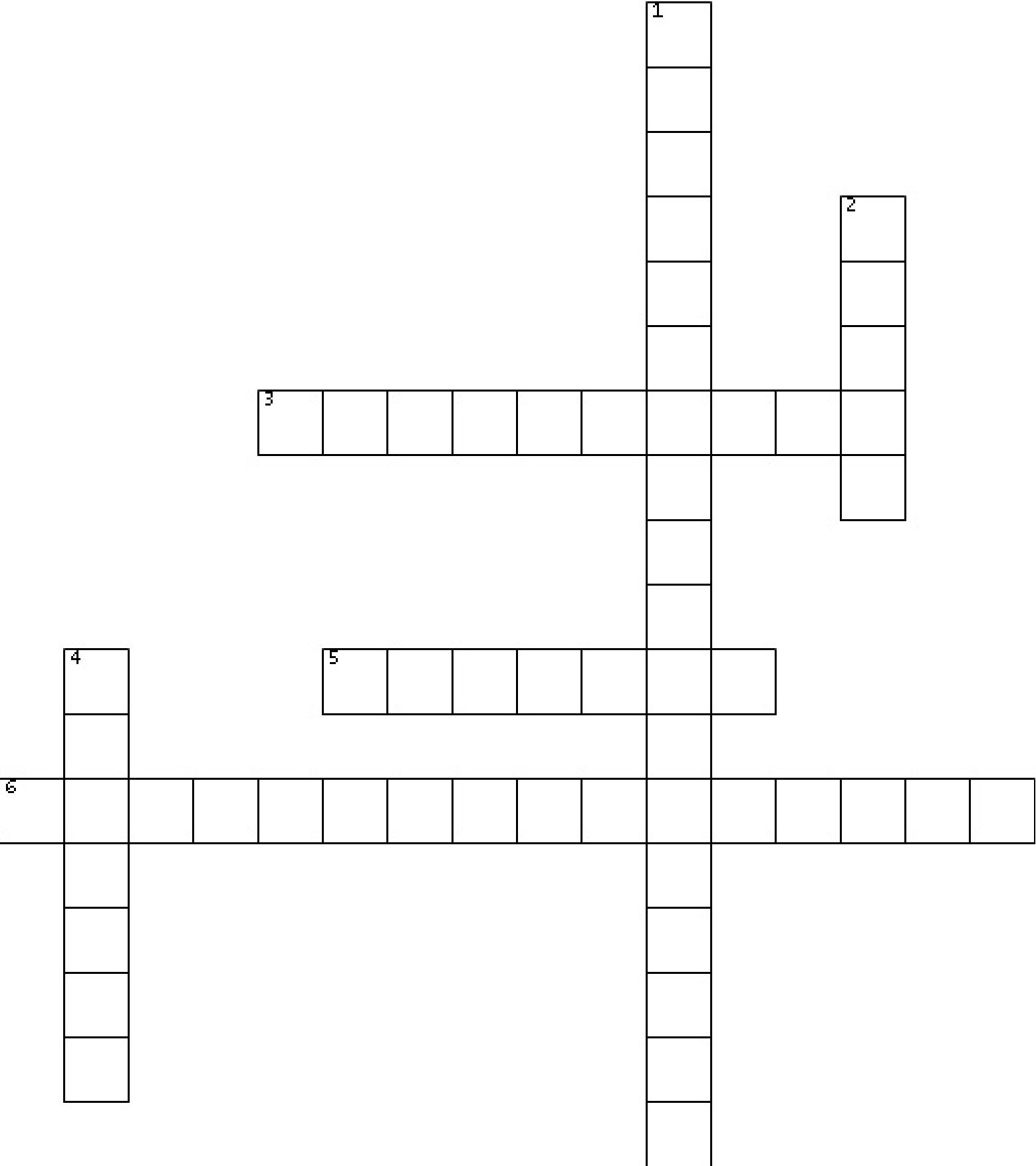
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Find the following words hidden in the puzzle below:

GENERATIONAL, TRAUMA, INHERITED, FAMILIAL,  
PATTERNS, WEBINAR, REFLECTION, FAMILY, HEALING, SIGNS

GENERATIONALQW  
TRAUMASDFGHJKL  
INHERITEDZXCVB  
FAMILIALNMQWER  
PATTERNSTYUIOP  
WEBINARASDFGHJ  
REFLECTIONKLZX  
FAMILYCVBNMQWE  
HEALINGRTYUIOP  
SIGNSASDFGHJKL

# Week 1 Concepts



ACROSS

- 3. Thinking deeply about experiences
- 5. An online seminar
- 6. Repeated behaviors in a family

DOWN

- 1. Trauma passed down through families
- 2. Indications or evidence of something
- 3. Process of becoming sound or healthy again

Use the clues to fill in the words above.

Words can go across or down.  
Letters are shared when the words intersect.

## **Personal Reflection:**

What are some potential signs of generational trauma that you might recognize in your own life or family?

How does understanding generational trauma help you understand your own experiences better?

What questions do you have about generational trauma after this week's introduction?

## Notes:

**Use this space to write down any thoughts, questions, or insights you had during the Week 1 webinar and activities.**

[illegible]



