



sTEAL it

Volume 1



by
Claire
Horner

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MENU

Instructions: You may click the title of each page and you will be directly routed to that page

[The Author](#) *Page 03*

[Message from Claire](#) *Page 04*

[SUD scale Part 1 and 2](#) *Page 05-06*

[Why don't I know how to play?](#) *Page 08*

[What's love got to do with \(it\) healing? Part 1](#) *Page 09*

[Freak Out FREE podcast](#) *Page 10*

[What's love got to do with \(it\) healing? Part 2 and 3](#) *Page 11*

[Feeling Broken, NOT Being Broken Part 1 and 2](#) *Page 12-13*

[We ABSOLUTELY have to talk about gender if we're going to heal!](#) *Page 14*

[Allies in Healing Part 1 and 2](#) *Page 15-16*

[Healing Burnout Part 1-6](#) *Page 16-18*

[Quote](#) *Page 19*

[How are we going to stop blaming our bodies? Part 1 and 2](#) *Page 20-21*

[Laugh Training](#) *Page 22-23*

[MON\\$Y & TRAUMA Part 1-3](#) *Page 24-26*

[Creating Your Healing Plan Part 1 and 2](#) *Page 27-29*

[Healing is not a Destination](#) *Page 30-31*

[Is it Excitement or Fear?](#) *Page 32-33*

[The holidays feel like a part time job - and, I QUIT! Part 1 and 2](#) *Page 34-35*

[How is TEAL of value to you?](#) *Page 36*

[Thank you](#) *Page 37*





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MESSAGE FROM CLAIRE



TEAL future members, allies, and healers,

Welcome! I'm certainly glad you made it here.

I hope this mini version of the 2023 eBook will be of value to your healing! Whether you are a survivor or someone in healing wanting a community or just want a boost to your private inner work, the topics will likely resonate.

*If you have **a friend, partner, or family member** who is facing the impacts of s-trauma, I hope this gives you insight. And, if you're a clinician or other healing specialist, see if the topics and approach line up with what you've found to be true.*

*Trauma healing is no joke - I don't have to tell you. It takes massive energy and reassessing of needs. I hope you find TEAL content and topics to be like **deposits of energy** (see Mon\$y & Trauma to fully get the reference). That's my hope!*

*This eBook is for you - **A review, a thank you, a resource to use if/when it fits for you.** Remember, this is NOT Therapy and not everything will fit, you won't agree with all I say or the approach I take. Listen to yourself to decide what pieces you use and how.*

*To living rich,
Claire*



DID YOU KNOW?? TEAL IS THE COLOR OF SEXUAL ASSAULT AWARENESS

HOW TO PACE YOURSELF

So, you clicked on something, received a link, and made it here.

Now, you're likely either not sure if you want to go to the next page OR you're not even reading this and have moved on because you've been waiting for something like this for awhile.

Either way, I'm going to (simply) tell you to check in with what you're needing right now. Take it slow or quick, engage at the pace and in the ways that are best for you. That may actually NOT be so simple for you and that's a regular experience. Try this...

Check the SUD Scale. It's on the next page. If you're under a 5 right now, go for it. Over a 5, wait until later. Set a timer for 12 minutes. If you read, watch, or think about the content here and are still under a 5 after 12 minutes, give it another 12 minutes. Then, put it away. Maybe decide when you want to go to the next part, wherever you left off. Put it on the calendar as "TEAL."

After you put it away, go do something relaxing, fun, or even mentally and emotionally shut down. Take a nap, a shower, hug a dog, hug a human, scream in your car - so many options!! And, celebrate!

IF YOU WOULD LIKE TO GO TO THE NEXT LEVEL, THE EXTENDED VERSION WILL GIVE YOU MORE DETAIL TO WORK WITH. GOING FORWARD INTO 2024, NEW TOPICS WILL START IN FEBRUARY. THE "EMAIL ONLY" OPTION WILL BE AVAILABLE FOR \$3/MONTH. THEN, THERE ARE TEAL GROUPS FOR THOSE IN GEORGIA AND CALIFORNIA TO DISCUSS THE TOPICS AND BUILD COMMUNITY.





SUD Scale

The Subjective Unit of Distress/Disturbance Scale

One tool we use in TEAL Groups "on the regular"

What is a SUD anyway?

Try to get used to rating your distress, fear, anxiety or discomfort on a scale of 0-10. Imagine you have a 'distress thermometer' to measure your feelings according to the following scale. Notice how your level of distress and fear changes over time and in different situations.

AND, know that what might help at one level might not work at another level!

So, you can **pair up your tools and tricks to feeling better with** the level that it actually helps.

It's a cheat sheet for your nervous system regulation OR the path back to a calm, cool, brain.

Summary of Each Level

Level of Distress	Means you likely feel:
10	Feels unbearably bad, beside yourself, out of control as in a nervous breakdown, overwhelmed, at the end of your rope. You may feel so upset that you don't want to talk because you can't imagine how anyone could possibly understand your agitation.
9	Feeling desperate. What most people call a 10 is actually a 9. Feeling extremely freaked out to the point that it almost feels unbearable and you are getting scared of what you might do. Feeling very, very bad, losing control of your emotions.
8	Freaking out. The beginning of alienation.
7	Starting to freak out, on the edge of some definitely bad feelings. You can maintain control with difficulty.
6	Feeling bad to the point that you begin to think something ought to be done about the way you feel.
5	Moderately upset, uncomfortable. Unpleasant feelings are still manageable with some effort.
4	Somewhat upset to the point that you cannot easily ignore an unpleasant thought. You can handle it OK but don't feel good.
3	Mildly upset. Worried, bothered to the point that you notice it.
2	A little bit upset, but not noticeable unless you took care to pay attention to your feelings and then realize, "yes" there is something bothering me.
1	No acute distress and feeling basically good. If you took special effort you might feel something unpleasant but not much.
0	Peace, serenity, total relief. No more bad feelings of any kind about any particular issue.

Why don't I know how to play?

Trauma impacts our ability, desire, or even memory of how to play.
This isn't true for everyone, but can be for a time or a very long season
Why is that?
What happens to our fun, playful, fantasy side?
In a word... danger
The DANGER switch can get turned on and stay on
Let's talk about it.



*Extra resource links when you click each picture

What's love got to do with (it) healing?



[WATCH THE VIDEO HERE](#)

The month of February is commercially focused on romantic relationships. I think it's a great time to take time to celebrate our relationship with ourselves. S-trauma can make that a very tricky relationship.

How we love ourselves AND how we allow others to love us

Do you need trust to feel love?

Notice what this quick video sparks for you.

What feelings come up with this topic?



FOF

**LIVING UNSTUCK AFTER
SEXUAL TRAUMA**

The Freak Out Free Podcast

Expert resources for sexual trauma healing to increase your confidence and handle life...
The Freak Out Free Way.

WHO'S LISTENING

Our listeners are ready for change and feeling stuck on their journey. They may be getting value in trauma-focused social media platforms, but need more. The FOF audience want more control over their lives, and more individual liberty and choice.

THE GUESTS

We are looking for you! Sexual trauma survivors, helpers, and allies. Those on the journey of healing or assisting with that path. We know you have created a product, honed a service, or have experiences to share. Your product, service, or story will provide insight for listeners into living life after sexual trauma *with confidence*.

THE CO-HOSTS



Claire and Dr. SaDohl, are two sexual trauma specialists and fellow warriors.

To heal their own trauma while helping others do the same, they have dedicated their professional and personal lives to healing. They have over 39 years of combined sexual trauma recovery experience, both in the therapist chair and on the couch as clients.

AND... they despise freaking out!



THE PODCAST TURNS 1 ON FEBRUARY 14TH!!

What's love got to do with (it) healing?

APPLY IT: A Letter to Yourself

If you choose to, you are welcome to use the letter opening below to write a letter to yourself. Be sure to change it in any way that uses words to express exactly where you are with this topic right now and where you want to be. How you think about yourself in the realm of love, value, worth. You can copy/paste into another document or print to place in a journal or even handwrite the parts that fit.

Dear __ (Me) _____,

Today, __ (date) ____, I claim that love for myself and to myself is important. Whether I know how to or whether I believe it to be true are different things. I can simply say that loving myself is important and not have to do anything else.

(Add anything else here that fits for you)

I want to be open to being able to see the path to healing or feeling whole. I can't see it from where I stand, but I want to believe it's there. For now, I will just be where I am and allow for _____.

(Sign)

Now, take a few minutes to sit quietly, like after a hard workout, and catch your breath. Thank you for taking this time to yourself to consider... YOU.

Feeling Broken, NOT Being Broken

It's natural to feel that something is fundamentally OFF, bad, wrong, wrecked, mangled inside when S-trauma has been or becomes a focus of life. This topic about feeling broken is one I've heard (and felt) over and over.

It's understandable to feel broken. AND, IMHO, it does not mean you or we are actually broken, damaged, humans as an identity. As the main thing about us. As the core. We are MUCH more. I want to talk about the difference and welcome you to challenge this idea when it comes up in your day or when you're with certain people.



Feeling Broken, NOT Being Broken

APPLY IT

Sometimes it is good to take a thought, feeling, concept, and DO something with it. To choose or create a physical representation of our healing process . Seeing it complete and solid can remind us on the days we're struggling, that we will feel good again.

Kintsugi is a Japanese tradition, which I honestly know very little about (cue frantic Googling and YouTubing), but since I learned about it a few years ago it has stuck with me. I'll let [Christopher Bromley](#) share in his gentle way how you can start to apply Kintsugi as a way of thinking about yourself (5min video).

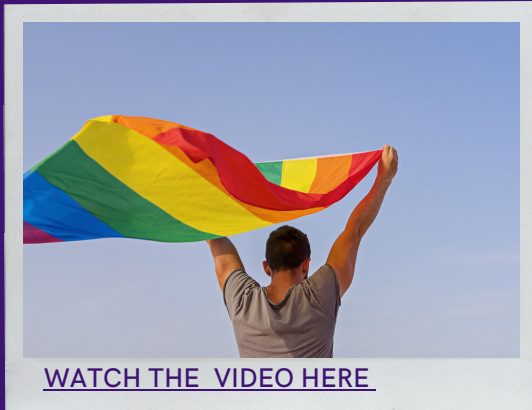
THEN, maybe find a broken plate, cup, or vessel of some sort in your home and create a piece that helps you remember...

YOU ARE WHOLE

EVEN WHEN

YOU'VE BEEN BROKEN BY LIFE

We ABSOLUTELY have to talk about gender if we're going to heal!



[WATCH THE VIDEO HERE](#)

Trauma brings us a whole mountain of tangled pain. What is it made up of? TOO MANY aspects and impacts to count. And, yet, we're living this life each day and no matter what unfair insanity we've been through we can decide whether to sort through it or not to.

Literally! We choose. Some days we will engage with rage, some with self-compassion, some with rebellion. All are valid.

When I ask others and myself ... "What 1 thing can I pull out of that mountain to try to deal with that will make a dent, some significant impact?" there are a few key answers.

How we come to understand our own gender identity I think is one of those! Our sexuality, as well, but how we navigate who we are, the impact of gender based violence, what beliefs we grew up with around gender roles, etc. are a huge part of S-trauma healing.

In this month's Topic Talk, I outline just a few ways gender comes into the healing conversation. There are truly so many more, I know. This will only scratch the surface.



Allies in Healing

WHAT DO WE NEED ALLIES
TO UNDERSTAND?

HOW DO WE NEED THEM
TO LISTEN?

WHAT CAN THEY BE
DOING BETTER?



[WATCH THE VIDEO HERE](#)

*And, ROFL, this video is ROUGH. I was out of town on an ancient laptop
You might just want to listen. OMG, seriously*

HA
HA

Resources for Allies:

- RAINN: [this link goes directly to survivor stories](#) - sometimes hearing from others can help your allie "get it" even better - also, their resources are extensive
- Saprea: [this link goes directly to their prevention resources](#) - this organization provides FREE retreats to survivors of childhood sexual violence (you have to travel to Utah or Atlanta)
- [Article from CPTSDFoundation](#) - A Partner's Guide for Abuse & Trauma Survivors - They also have a lot of resources. I have not vetted this site or company, but might be worth poking around!
- ["What about me? A Guide for Men Helping Female Partners of Child Sexual Abuse"](#) - From the perspective of the partner.

Healing Burnout

TEAL Community,

So, this topic came up last summer when I heard people start talking about vacations and time off.

That's not really how my year works, so I usually just listen. But it got me thinking about the tedious-ness of this healing path. And, how do we "get off the ride" when we need to?

So, that's what we're talking about here. 🔥🏖️

I got carried away, so the full video in the extended eBook is actually 1 hour! So, I gave you a longer clip here than the other topics. Sometimes we need to break these things down into bits anyway.

Key focus points:



At the core, BURNOUT is the alarm telling you
that the current healing plan isn't working
AND you're allowed to change the plan



Embracing your healing journey your way
means recognizing your right to say "no" and pausing

Healing Burnout



Healing is not a linear process - you don't have to do this, then that
Yours will look different than another person



[WATCH THE VIDEO HERE](#)

Healing Burnout

APPLY IT

One of the ways of working on burnout while healing is by asking yourself...

What is your healing LOCATION?

Where are you starting from?

"I don't wanna"

"Trauma therapy is hard but going well"

"I can't find the right therapist"

"I'm not ready to talk about this, but I'm open to working on some aspect"

"I'm burned out and need a break"

"I'm in crisis and no one knows"

"I'm really struggling. I have people who want to help,
but they don't know what to do"

"I need to work on this"

**WHAT
NOW?**

This might be the tricky part.

Where do you want to go? 📍

What is THAT location? This will get you moving.





QUOTE BY

GABOR MATÉ

“Not the world, not what’s outside of us, but what we hold inside traps us. We may not be responsible for the world that created our minds, but we can take responsibility for the mind with which we create our world.”

"How are we going to stop blaming our bodies?"

You don't HAVE to love your physical self, the body, but it sure helps. If we don't, tho, there are ways to shift that relationship with our bodies. Shifts that add up to change over time.

[By the way, I'm going to keep saying the word BODY so you notice what comes up for you. I certainly know that may be triggering, but here's the thing. Our bodies will be with us always. Being at war, hating, or blaming our bodies is no good long term. It just isn't sustainable. Our bodies have been through enough.

And, our nervous system may be chronically on high alert, but that can change, too. If you need to use a different word, do!]


We're not going to solve this whole problem, I understand. How we think about and how we feel in our bodies is one of the most massive impacts that happens after s-trauma. Some people do have an easier time, it's true. Change may come quicker.

But, let's see what we can do to make some crucial shifts!


"How are we going to stop blaming our bodies?"



In this Topic Talk, I'll invite you to consider asking yourself:

 How do we "Reconnect to the body TO Protect" or feel safe?

 What does it mean to become allies with our body?

 What are the costs of blaming, hating, or ignoring our bodies?

Let's take time to move toward treating ourselves as valuable, it CAN create a "corrective experience," a healing experience that can work as an antidote to the poison that was given!

Laugh Training:

THE LAUGH MENU

[WATCH TOPIC VIDEO HERE](#)

Decide where you want to put this list
(phone notes, playlist, journal, etc.)

Find:

3 comedians to follow

3 songs that feel light or energizing

3 videos to save that made you smile

Ask a Friend: What do they watch or who
do they follow that makes them ROFL??

Name: Is there a person in your life that
makes you laugh or
would go to a comedy show with you??

"Laughter, smiling, light colors, sounds, or
textures are antidotes to trauma brain"

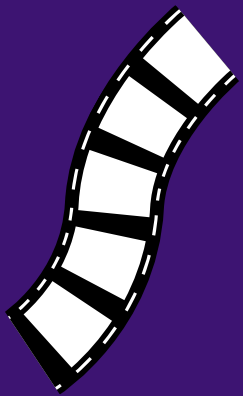
-Claire



Laugh Training:



Here are posts related to this topic
from 2023 in one video



"MON\$Y & TRAUMA"


For this one, I want to give you the full deal. The video and the Extended Version of APPLY IT. Each month when TEAL members go through the topic, they/we have an optional application to test how it works in real life. So, that's what you'll see here and I'll go through the details in the video.

APPLY IT

Using money terms in our healing mindset

You might not be good with money, but we can use Accounting or money related terms to help our healing mindset!

Terms:

 Account: What's in your healing account?

- Don't answer this now. Go through the questions below, which will naturally fill this in since the Costs, Debts, Deposits, and Assets help to make up your Healing Account.

 Cost: What does trauma cost?

Evaluate for yourself how much time, money, and energy trauma has and is costing you. What else does it cost beyond those 3 things?

"MON\$Y & TRAUMA"

Break it down by time, if it's too big to consider all at once. How much did it cost in early childhood, 10-14 yrs old, 15- 18 yrs old, etc.? However it feels right to break it down.

 Debt: What role does debt have?

How do we feel in debt physically, emotionally, and mentally after trauma?

How do you get out of debt from trauma? What are thoughts you have about this?

 Deposit: What about the deposits? What can we put IN?

What types of deposits do we need so our healing doesn't feel so "expensive" ?

*experiences

*tools

*validations

*compassions

*resources

*etc. (What else?)

 Assets:

- What skills did you gain due to what you went through?
- Let me be clear, you should not have been in a situation to gain these



Circle back - what does your Healing Account look like now?

"MON\$Y & TRAUMA"



Here are posts related to this topic
from 2023 in one video



Creating Your Healing Plan

So what do we need to consider when creating our own healing plan?
What about the steps to take to get ready to get into that plan?
Let me be clear from the start - this will NOT be me telling you what your Healing Plan looks like. That's up to you. (For better or worse)

This topic here is to guide you to how to get set up, a few elements to get going, and gives you all the permission in the world to do no steps, each step as slow as it takes, or quickly move through it because you feel that ready. How it looks is how it looks.

The factors in your present life and your intuition will help you know what the exact "next natural step" to take is FOR YOU.

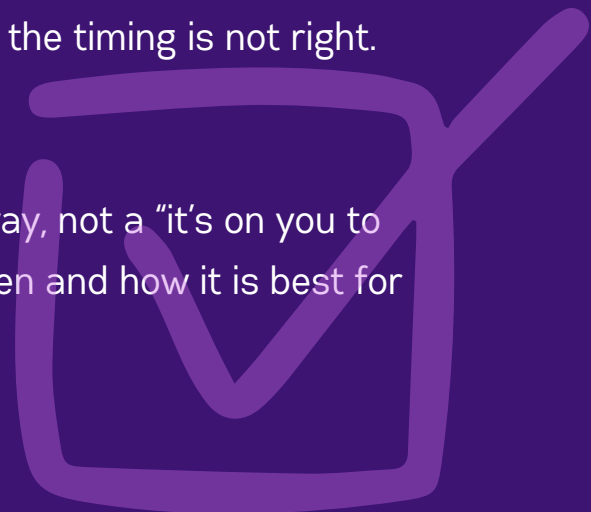
A process like this can feel like a lot of work. When it feels like "too much work" rather than an eagerness to experience life in a different/hopefully better way, that can be an indication of pushing too fast.

OR, it could mean it's time to check in with what fears are present

OR, there are too many demanding factors in life and the timing is not right.

You get to check in with yourself.

I mean this in a finding freedom and empowerment way, not a "it's on you to fix it by yourself" type way - You decide what and when and how it is best for you.



Creating Your Healing Plan



WATCH NOW



RESOURCES

I just listened to this episode of Therapy Chat Podcast (also Trauma Chat Podcast) about a new workbook that's out (includes a link for a free guide: The Many Ways to Ground). There is a new-ish place to find trauma-informed therapists called the Trauma Therapist Network.

Creating Your Healing Plan



Here are posts related to this topic
from 2023 in one video



Healing is NOT a Destination



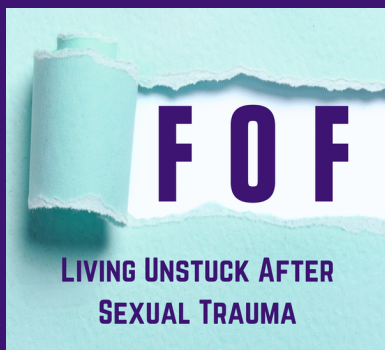
For this topic, we have an intro video to get connected. I'm curious if you've thought about this before. Or, in your experience if you would agree.



[VIDEO LINK HERE](#)

[This was November 2023](#)

TAKE A LISTEN FOR THIS MONTH'S TOPIC...
VIA PODCAST (INSTEAD OF VIDEO):



[CHECK THE EPISODE HERE](#)

[HEALING IS NOT A DESTINATION](#)

IN THIS EMOTIONALLY RESONANT EPISODE OF THE FOF PODCAST TITLED "HEALING IS NOT A DESTINATION," WE DIVE DEEP INTO THIS DELICATE TOPIC

Healing is NOT a Destination



Here are posts related to this topic
from 2023 in one video



Is it Excitement or Fear?

*As you make your way through this guide, I hope you are all doing well, and if you aren't that you have at least 1 person close helping you feel less alone in "it."
If not, I'm likely sitting on a couch somewhere- talk as if I'm there*

So... some years ago, in my own work I noticed -
and maybe a therapist pointed it out-
how close the feeling of excitement was to fear.

They can be mixed together, but there was something MAGIC
about shifting the word to excitement.

The physiological response is VERY similar.
The difference tends to relate to a sense or belief of safety.

When the roller coaster is click, click, clicking up the hill
I have a sense of safety even though I'm terrified.
The difference here is obviously that I chose to be there.
BUT, what if we can still use this to explore...

How are excitement and fear connected?

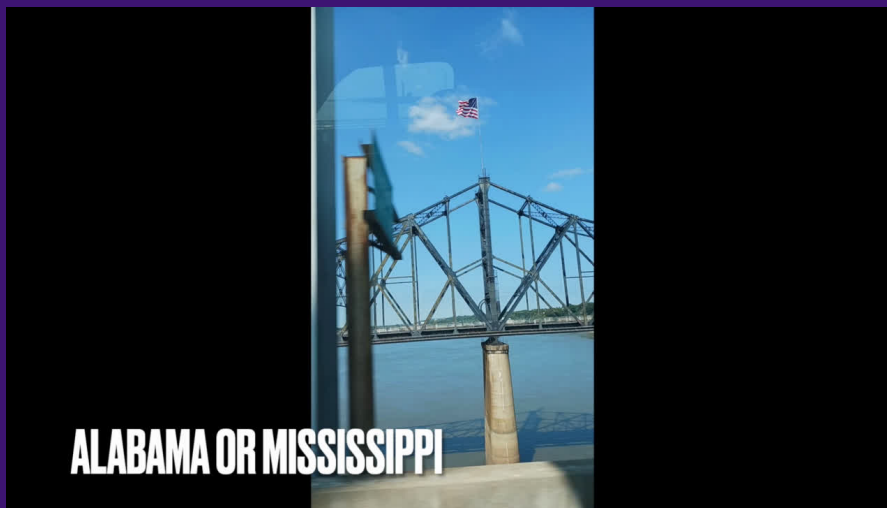
What is the difference?

How can we tell which one it is?

Can we influence fear to shift to excitement?

Is it Excitement or Fear?

EXCITEMENT OR
FEAR VIDEO



SINCE I TALK ABOUT HOW IT BROUGHT UP FEARS AND EXCITEMENT, I'M INCLUDING A QUICK VIDEO I PUT TOGETHER FROM SEPTEMBER 2022 OF MY MOVE ACROSS THE COUNTRY!

● Resources to share:

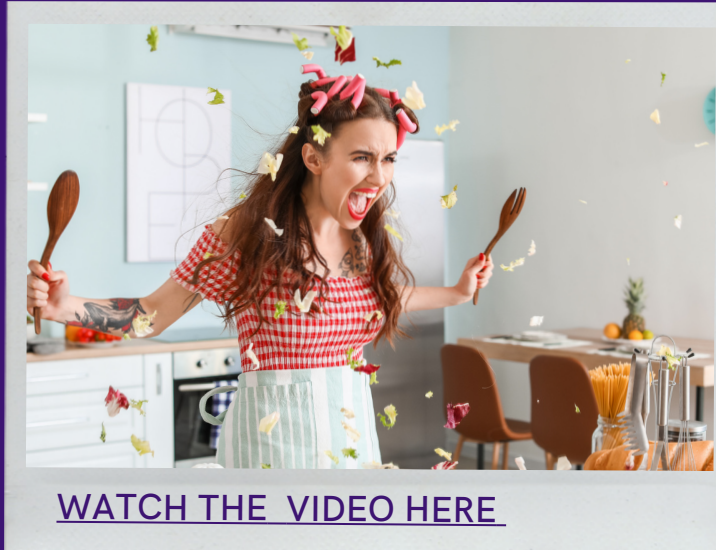
In choosing a couple of resources for this topic of excitement and fear, I came across Mel Robbins. She's a coach on big stages with large audiences, but seems to manage to stay relatable. I had never heard of her.

[I watched this clip of a longer talk about this very subject.](#)

[I was impressed.](#)

BUT, I'm curious if you think her approach is usable or a bunch of BS when you add serious trauma to the lens of fear?? (If you aren't on Facebook and the link isn't working, [here is the longer version on YouTube - the 12min clip is the beginning of this longer video.](#)) I watched her vid AFTER I talked, so was surprised at some of the overlap.

The holidays feel like a part time job - and, I QUIT!



Even if you do your best to avoid the busy-ness, the holidays can still be A LOT to be around. If you do enjoy the decorating, shopping, travel, wrapping, parties, and family time to celebrate your traditions, the "positive stress" can still take a toll. The "pressure" - whether positive or negative is still pressure.

Trauma healing is already a daily "extra," so the holidays can end up feeling like you took on an extra part time job. Let's see how we can balance it out a bit.

Assess what type of stress the holidays bring for you? How does that stress and pressures feel like a part time job? How can you be the Boss?

There are a few resources for you below in addition to the video. I welcome you to share through email or IG DMs any you may have or channels you're following that have fun or useful suggestions. Please share!

The holidays feel like a part time job - and, I QUIT!



Resources to Share

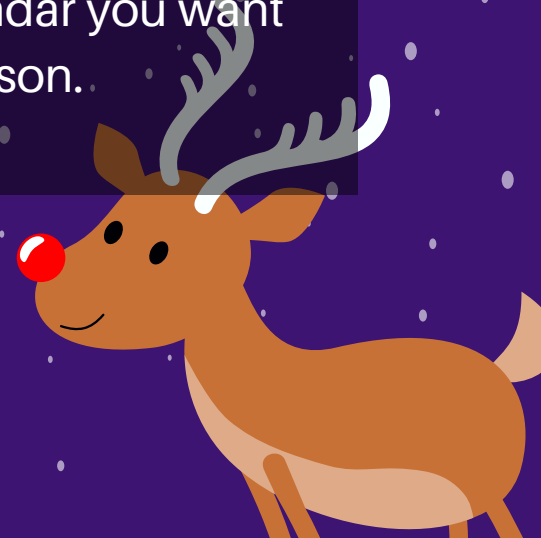
There is a lot of good conversation and tips being shared about how to approach the holidays.

I think there is usually 1 out of every 10 tips that I say, "ok, that's actually good (for me)!"

If you have a handful of minutes while avoiding doing something else (hehe), check out these options:

 [Short Playlist of Holiday Stress & Trauma videos](#)

Then, think about this past holiday or the past few. Jot down a couple things in your calendar you want to remember for this next season.



How is TEAL of value to you?

A time of evaluation...



Please take a couple of minutes to start noticing whether TEAL Groups could be of value to you. OR if talking to other people about topics like this sounds useful, but you're not in GA or CA so you might want to look for groups in your area. Ask yourself:



Are time, money, and energy needs?
Have you found yourself following trauma focused SM channels that spark interest to go deeper? Hear comments that resonate?

Did these topics resonate with you?

Think to yourself what types of resources have been helpful in your healing and where the gaps have been.





THANK YOU!

Whether you take any steps now to do a Good Fit call for TEAL Groups, decide to seek group therapy options where you live, or name for yourself that this isn't a good time to dive into healing, you made it to this point. You took the time to either scan through or dive into these topics here.

Contact me with questions or feedback.

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