

WHAT GETS NORMALIZED GETS REPEATED.

Patterns don't start with you.
But they **can** end with you.

“
We don't inherit
the trauma.
We inherit the
unhealed parts.
”

THE CYCLE OF GENERATIONAL TRAUMA

1. SILENCE



Pain goes **unspoken**.
Emotions are dismissed.
The truth is buried.



2. ADDICTION



Numbing becomes the
solution. Substances,
control, or avoidance
take over.



3. EMOTIONAL NEGLECT



Emotional needs are
missed or minimized.
Children learn to survive
without connection.



4. SURVIVAL ROLES



Children **adapt** to survive.
They become the peacekeeper,
the caretaker, the performer,
or the invisible one.



5. INHERITED COPING



These survival patterns
become **automatic**.
They shape how we think,
feel, love, and react.



6. THE CYCLE CONTINUES



Until someone
becomes **aware**.
Then everything
can change.



YOU HAVE THE POWER TO BREAK THE CYCLE.



UNAPOLOGETICALLY
UNSEEN



SEE IT.
Awareness is
the first step.



FEEL IT.
Allow the emotions
you were taught
to hide.



HEAL IT.
Regulate your nervous
system. Reparent
your inner child.



BREAK IT.
Choose different.
Build new patterns.
Create safety.



REWRITE IT.
Your healing becomes
someone else's
freedom.

The cycle
doesn't have to
be your legacy.
Healing is.

