

Iván Chocrón

Bridging the Worlds of Science & Spirit

You can heal your trauma

part 2



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Hey! Iván here. This is a short summary of my YouTube video about trauma (part 2).

You can watch the full video [here](#).

Hope it helps and thank you for reading!



Healing

An emotional need not being met
(trauma)



Wounding

Meeting the unmet need



Healing

Meeting the unmet need can happen in two ways.

1. To meet your needs by the person who caused the trauma.

Whoever you were seeking the love from, gives it to you exactly in the form that you needed it.

Remember: love = “feeling loved when”
Example: feeling loved when you hold me.

This is both the easiest and the hardest way. It is the easiest, because that’s what you are really seeking for and if you get it, you heal. It is the hardest because it is usually unavailable, otherwise it probably wouldn’t have happened.

What if that person is unavailable or doesn't have the capacity to meet your needs? This is when the second way comes in.

2. To meet your needs all by your self

This is self-validation: To meet the needs that should've been met by someone else all by yourself.

This is much harder to do at first because the wounded part of you is used to seeking for that kind of validation externally from the person who caused the trauma, since was the original need and it believes it can only get it that way.

It is a skill that takes time to learn and master, but once it's done it is the most effective tool for self-healing.

but

If you as a child needed a specific form of love from your parents that you didn't get



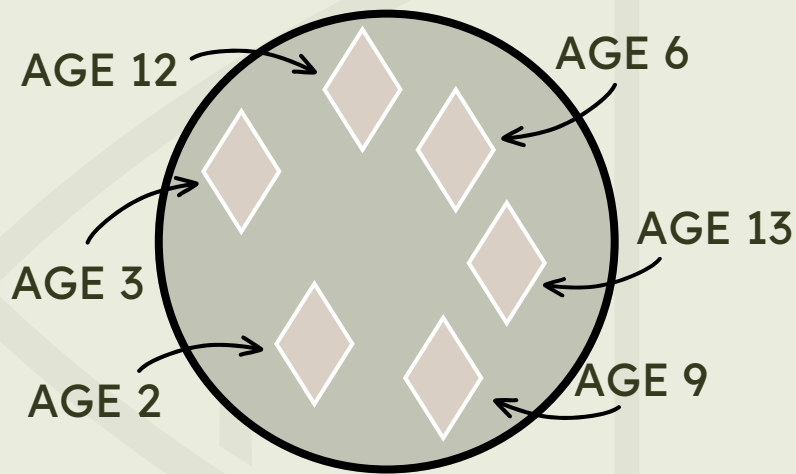
then your inner wounded child can get that exact love from his inner healed parent.



There are two different parts of you that are alive at all times:

Wounded inner child

It is the pain you received while you were a child that you continue to carry.



There are as many wounded inner children as wounds you carry from the time you were a kid.

Inner healed parent

It is the healed version of you caring for your wounded inner child.

It is the part of you that knows exactly how that child feels, since it was you who experienced it. This inner healed parent will always have the capacity to heal the many different inner children living within when they show up in different situations.

To find our connection with our inner healed parent can be very tricky, because our inner parent tends to talk to our inner child in the same way our parents talked to him.
That is not our healed inner parent.

Our healed inner parent is the one that knows and embodies the following statement:

“All the needs that were not met by my parents are not because I’m not worthy of their love, but because they don’t have access to it. They don’t have access to it, because they have not done their own healing in those specific places.

They made me believe I wasn’t worthy of their love, and I believed it because a child sees the word of their parents as the word of truth. I know now that isn’t true. The word of my parents can come from a place of wounding, like the word of any other person. I know that any words that came to me from them that didn’t meet my needs weren’t the words of truth, those were the words of wounding.









The truth is I am worthy of love, because I am. Being is enough. I know I am worthy of love, because if I would’ve been born exactly the way I am but with a different set of parents who would’ve met my needs, I would’ve always believed it. My capacity to feel worthy of love depends on how good my parents are at making me believe it. If they are good at it, I’ll feel worthy. If they are not, I won’t feel worthy. But at the end, my belief of my own worthiness has everything to do with their capacity to make me feel it, and nothing to do with my true worthiness.”

To embody that kind of wisdom can take time. Reading it once can be a spark that kickstarts the process of that kind of embodiment.

I hope this brief summary helps in your healing journey. If you want, you can watch the full video [here](#).

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Thank you for being here.

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