

ROOTED & RISING

7 Lies Trauma Taught You

— *and the truth your heart is learning to believe* —

A gentle guide for the woman ready to loosen the grip of shame,
self-doubt, and beliefs that were never hers to carry.

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Rooted in truth • Rising in hope • Always becoming

Before We Begin

For the woman who has carried someone else's words for far too long

Sweet friend, some wounds leave scars we can see. Others leave beliefs.

After enough criticism, blame, confusion, rejection, control, or emotional pain, a lie can begin to sound like your own voice. It can shape the way you see your worth, your needs, your instincts, and even your right to take up space.

This guide is not asking you to force yourself into positive thinking. It is simply an invitation to notice what you have been carrying — and to begin separating what happened to you from what is actually true about you.

You do not have to untangle everything today. Begin with one lie. One truth. One gentle choice.

A question to carry through these pages

Whose voice is this?

Familiar does not always mean true.

One breath. One choice. One act of grace at a time.

LIE 01

I Am Not Enough

ROOTED TRUTH

I do not have to prove my worth. I am already worthy of love, care, dignity, and peace.

What this lie can do

Trauma can turn life into an endless audition: be smarter, quieter, prettier, stronger, more productive, less emotional. Yet the finish line keeps moving. That is because worth was never something you were meant to earn.

A gentle practice

Write the sentence “I am not enough because...” and finish it honestly. Then beneath it write: “Who taught me that this determined my worth?” Cross out the standard you were never meant to live beneath.

A faith-rooted whisper

Psalm 139:14 — Let this be a reminder that your value begins with how lovingly you were created, not with how perfectly you perform.

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LIE 02

Everything Is My Fault

ROOTED TRUTH

I can take responsibility for what is mine without carrying responsibility for what belongs to someone else.

What this lie can do

When blame has been placed on you long enough, apologizing can become automatic. You may begin managing everyone's moods, choices, reactions, and consequences as though keeping the peace is your job. It is not.

A gentle practice

Draw two columns: "Mine to carry" and "Not mine to carry." Put one current burden in the right column if it comes from another adult's choices, emotions, or behavior.

A faith-rooted whisper

Truth and accountability can coexist with grace. Releasing false blame is not avoiding responsibility; it is finally putting responsibility where it belongs.

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LIE 03

My Needs Don't Matter

ROOTED TRUTH

My needs are not a burden. Rest, safety, support, respect, and care are human needs — not rewards.

What this lie can do

Survival often teaches women to become experts at noticing everyone except themselves. You anticipate, soothe, fix, provide, and adapt. Eventually you can forget that you are allowed to need anything at all.

A gentle practice

Ask yourself: “What do I need today that I keep dismissing?” Choose the smallest safe way to honor one need — water, rest, silence, a boundary, help, nourishment, prayer, or ten minutes outside.

A faith-rooted whisper

Your compassion does not become more holy by excluding you from it.

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LIE 04

I Must Earn Love

ROOTED TRUTH

Healthy love does not require me to disappear, perform, or become perfect in order to remain worthy of care.

What this lie can do

If affection was conditional, unpredictable, or withdrawn when you disappointed someone, love can begin to feel like a performance. You learn to please, achieve, prove, and over-give in hope of becoming impossible to reject.

A gentle practice

Notice one place where you are over-performing for approval. Ask: “What would change if I believed I did not have to earn belonging here?”

A faith-rooted whisper

Grace is, by definition, not something you earn. Let that truth reach the places in you that learned love had to be purchased with perfection.

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LIE 05

I Can't Trust Myself

ROOTED TRUTH

My voice is allowed to return. I can rebuild trust in myself one small decision at a time.

What this lie can do

Being repeatedly contradicted, dismissed, blamed, or told that your perception is wrong can make you question your instincts, memories, and feelings. Self-trust rarely returns through one dramatic moment. It returns through evidence.

A gentle practice

Make one low-risk decision today without polling anyone else first. Notice what you choose. Later, ask yourself what your body and mind were telling you before you decided.

A faith-rooted whisper

You do not need perfect certainty to begin listening to yourself again.

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LIE 06

I Am Too Much

ROOTED TRUTH

I do not have to shrink to make other people comfortable. My feelings, voice, tenderness, strength, and presence are allowed to exist.

What this lie can do

“Too emotional.” “Too sensitive.” “Too needy.” “Too difficult.” Labels like these can teach you to edit yourself until very little remains. But sensitivity is not weakness, and having needs does not make you difficult.

A gentle practice

Write down one part of yourself you learned to hide. Beside it, write one way that same quality can also be a strength.

A faith-rooted whisper

The goal is not to become louder than everyone else. It is to stop abandoning yourself before anyone else gets the chance.

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LIE 07

I Am Unworthy

ROOTED TRUTH

My worth is inherent. It was not given to me by another person, and another person cannot take it away.

What this lie can do

This is often the lie beneath all the others: that you somehow matter less, deserve less, need less, or must settle for less. Shame loves this lie because it makes mistreatment feel deserved. It never was.

A gentle practice

Place your hand over your heart and say slowly: “My worth did not disappear because someone failed to recognize it.” Repeat it until the words feel even slightly less foreign.

A faith-rooted whisper

Your worth has never depended on your productivity, appearance, accomplishments, or another person’s ability to recognize your value.

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The Beginning of Truth

Healing does not begin because every old belief suddenly disappears. It begins when you become willing to question what you once accepted as truth.

Is this actually true?

Who taught me this?

Whose voice does this belief sound like?

Would I say this to someone I love?

Does this belief reflect how God sees me?

What would I choose if I believed the kinder truth instead?

Every question weakens the lie.

Every truth strengthens the foundation beneath your feet.

One breath. One choice. One act of grace at a time.

This Is Only the Doorway

If one of these pages felt as though it named something you have carried quietly for years, you do not have to fix it all tonight.

Healing is often much smaller and gentler than we imagine: one honest reflection, one healthy boundary, one act of grace, one whispered prayer, one courageous decision to believe that hope is still possible.

Your next step is not to become someone new. It is to continue finding your way back to the woman who has been there beneath the fear, shame, and survival all along.

CONTINUE THE JOURNEY

30 Days of Becoming

A gentle daily journey back to truth, grace, self-trust, peace, hope, and the woman you are becoming.

Coming next from Rooted & Rising Holistic Healing

You are deeply loved. Your story matters. There is still beauty ahead.

With love and grace,

K. Grace

Founder, Rooted & Rising Holistic Healing