

# Wound Identification Worksheet

*A guided self-inquiry tool for identifying your neuro-archetypal wound pattern*

## HOW TO USE THIS WORKSHEET

Read each wound description slowly. Notice which one produces the most recognition. Answer the reflection questions honestly. There are no correct answers.

## THE SEVEN NEURO-ARCHETYPAL WOUNDS

| Wound                  | Core Pattern                                                     | Brain Region       |
|------------------------|------------------------------------------------------------------|--------------------|
| <b>Sovereign</b>       | Paralysis, perfectionism, waiting for certainty before acting    | Prefrontal Cortex  |
| <b>Warrior</b>         | Compulsion, aggression turned inward, substance use as numbing   | Anterior Cingulate |
| <b>Lover</b>           | Relational fragmentation, intimacy avoidance, emotional flooding | Limbic System      |
| <b>Sage / Magician</b> | Anxiety-driven overthinking, catastrophizing, analysis paralysis | Basal Ganglia      |
| <b>Nurturer</b>        | Self-abandonment, chronic caretaking, resentment without voice   | Limbic / PFC       |
| <b>Wild One</b>        | Shame-based hiding, compulsive secrecy, the hidden double life   | Temporal Lobes     |
| <b>Uninitiated One</b> | Developmental arrest, searching for the elder who never came     | PFC / Limbic       |

## REFLECTION QUESTIONS

### 1. Which wound description produced the most recognition?

*Write the name of the wound and one sentence about what you recognized.*

### 2. When did you first learn to respond to the world this way?

*Think of the earliest memory where this pattern was already present. How old were you?*

### 3. What did this wound protect you from?

*Every wound was a brilliant survival strategy at some point. What was it protecting?*

### 4. What has it cost you?

*Name one relationship, one opportunity, or one version of yourself that the wound has limited.*

### 5. What would the integrated version of this wound look like?

*The wound is not the enemy. Integration means the energy of the archetype becomes available without the distortion. Describe what that might look like for you.*