



Core Wound Reflection Worksheet

A companion to Transformation Station — Episode 1: Finding Your Core Wound

Instructions:

Use this worksheet to help identify the patterns, triggers, and emotions connected to your core wound. You can print this out or write the answers in your journal. Be honest, compassionate toward yourself, and curious. There are no right or wrong answers.

1. When I'm Triggered

Think of a recent situation that stirred strong emotion (e.g., irritation, defensiveness, guilt, feeling unseen, etc.).

- What happened?
- What exactly triggered me?
- How did I feel in that moment?
- What was my first reaction (or how was I *tempted* to react)?
- Looking back, what deeper belief or old story about myself might have been driving that reaction?

2. The Pattern Beneath the Trigger

Look for repetition — moments that feel familiar, like you've been here before.

- Have I experienced this feeling or situation before? When?
- What's the repeating emotion or theme? (e.g., feeling unseen, rejected, not good enough, powerless, etc.).
- What story or belief about myself might be underneath this?
- When do I remember first feeling this way?

3. When I Hurt Others

Sometimes, we uncover our wounds by noticing when we act from pain instead of presence. Think of a time you treated someone in a way you didn't feel good about.

- What was happening?
- What emotion did I feel right before I reacted?
- Who or what did this moment remind me of?
- What part of myself might that person have been reflecting back to me?

4. Astrology Insights (Optional)

If you're familiar with astrology, use your natal chart as another mirror for reflection.

- My **Chiron** is in _____ (sign) and the _____ house.

- The main wound this represents for me is

- My **Moon** sign shows how I process emotions. I notice that I tend to

- My **Saturn** sign shows my fears and limits. One fear I'm learning to release is

- My **North Node** shows my growth path. I'm being guided to become more

5. Awareness and Change

Healing begins with awareness. As you notice your patterns, ask yourself:

- What situations tend to activate my core wound?
- How can I recognize when it's happening, in real time?
- What would it look like to respond from awareness instead of reaction?
- How can I show myself compassion when I'm triggered?

6. Closing Reflection

- What insight stood out the most to me while doing this exercise?
- What is one small change or new awareness I can carry forward this week?
- If I could speak to the younger version of me who first felt this wound, what would I want to say?

(Optional: Write a short letter to that younger self — from compassion, not pain.)

Remember

Awareness *is* healing. Every time you notice a pattern with compassion instead of judgment, you dissolve a little of its power. Be gentle with yourself. This work is sacred.