



Daisy
NYAWIRA



PARTICIPANT WORKBOOK — FOR YOUR EYES

Silent Scars

Module 1 · Participant Workbook *The Invisible Wound*

Licensed Counselling Psychologist

EMDR Level 1 Certified

DAISY NYAWIRA

African Childhood Trauma Specialist
Tata's Wellness Centre · daisinyawira.com



This workbook belongs to:

Date:

A Gentle Reminder

Some questions in this workbook will ask you to revisit childhood memories and experiences. For some of you, those memories carry significant pain. Please honour your own pace.

If at any point you feel overwhelmed: step away and do something grounding — walk, breathe, make tea, call a friend. Return when you feel more settled.

Your healing is a marathon, not a sprint.

SECTION 1 · BEFORE WE BEGIN

What brought me here today?

What do I hope to understand about myself by the end of this course?

What relationship patterns keep repeating in my life?

SECTION 2 · THE INVISIBLE WOUND

Which of the following resonates with you?

- You feel things less intensely than others, or feel emotionally numb
- You struggle to identify what you are feeling in the moment
- You are very good at taking care of others but struggle to identify your own needs
- You feel fundamentally different from other people
- You are your own harshest critic
- You feel empty even when life is going well
- You struggle to ask for help
- Closeness feels dangerous, even when you want connection
- You minimise your own pain — "It wasn't that bad"
- You feel more comfortable being needed than being known

What stands out to you from the checklist above?

SECTION 3 · MY EMOTIONAL HISTORY

Go gently. These are invitations, not demands.

Growing up, who — if anyone — made you feel that your emotions mattered?

What happened when you were upset as a child? Who responded?

Were there emotions that were not allowed in your home? Which ones?

What did you learn, explicitly or implicitly, about what it means to be strong?

SECTION 4 · CLOSING REFLECTION

"Was there someone in my childhood who consistently made me feel that my emotions mattered?"

Sit with this question. What comes up for you?

The patterns in your relationships did not come from nowhere. They were learned. And what was learned can — with time, awareness, and support — be unlearned.