

Trauma Without A Name

HOW TO BEGIN WHEN YOU
DON'T KNOW WHERE TO START

By Monica Walston



01 - 06

INTRODUCTION

07 - 08

WHY IT'S SO HARD TO PINPOINT

09 - 12

A NEW BEGINNING

13

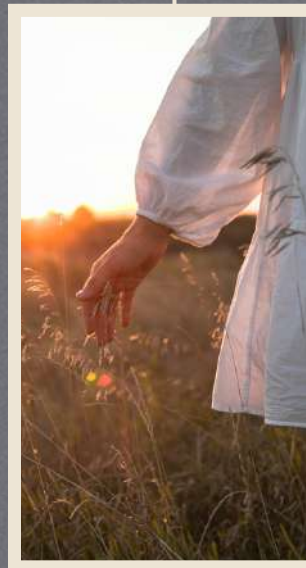
YOUR NEXT STEP

14

CONCLUSION

15

CONTINUED SUPPORT & COMMUNITY





WELCOME

Just because you can't name the pain doesn't mean it's not real. This guide will help you find clarity, even if you've felt lost for a long time - starting with small, grounded steps.

Monica



How to use this guide

This guide was created to support you at your pace - whether you're brand new to healing work or already deep in the journey. There's no right or wrong way to move through it. Here's what I recommend:

1. Start with the introduction. It will help you understand why you feel the way you do and how your subconscious may be holding onto emotional patterns.
2. Read the insights slowly. Let the words land - take breaks if anything feels heavy or brings up emotion.
3. Try the reflection exercises or affirmations. Even a few quiet moments can begin to shift energy.
4. Bookmark anything that resonates. Your intuition will show you what you're ready to explore more deeply.

When you're ready for more support, I'm here. You can book a session or a free clarity call using the links at the end of this guide. This is your safe space. Let it meet you exactly where you are.

Questions?

[MONICAWALSTON.COM](https://www.monicaawalston.com)

MONICA@MONICAWALSTON.COM

[FACEBOOK](#) | [INSTAGRAM](#) | [YOUTUBE](#)



CHAPTER ONE

INTRODUCTION

Lost, foggy and searching
for solid ground



Introduction

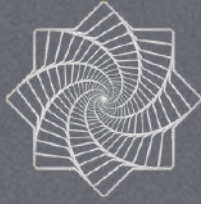
You might feel like something's off - but you can't quite say what.

You might carry a deep sadness, restlessness, or numbness that doesn't have a story attached.

This is trauma, too - the kind with no clear origin. And it's more common than you think.

You may not have the words, but your body remembers.





CHAPTER TWO

WHY IT'S SO HARD TO PINPOINT



Why it's so hard to pinpoint

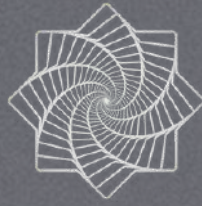
Some trauma is not loud.

It doesn't come from one big event - it accumulates quietly, through:

- Subtle neglect
- Disconnection from your purpose
- Suppressed intuition or spiritual disorientation
- Unexplained memories, dreams, or fears

These are the cracks in your foundation, not just surface wounds.

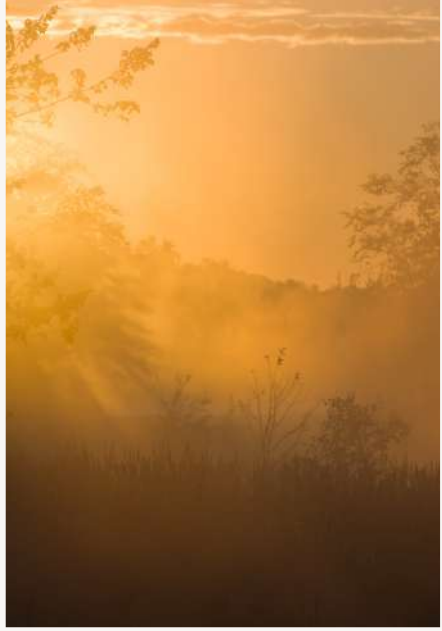




CHAPTER THREE



A NEW
BEGINNING



A new beginning

In trauma-informed hypnotherapy, we don't need a "story" to begin.

Your subconscious will lead - even if your conscious mind doesn't understand the path yet.

In session, we follow feelings, symbols, sensations...

And often uncover hidden roots your system has been protecting you from.

Clarity doesn't come first. Healing does.

Try this pattern awareness prompt:

Take a few breaths and ask yourself:

- Do I often feel disconnected from myself, like I'm watching my life instead of living it?
- Is there a persistent sense of something missing or unfinished that I can't describe?
- Do I avoid stillness because I feel unsettled when things get quiet?
- Have I felt like I'm floating through life without a clear purpose or direction?
- If I could name the "fog" I feel, what might it be trying to protect me from?

Not knowing is not a failure. It's the first honest step toward remembering. If it helps, use the journal page below to write down your answers and thoughts.





Your next step...

Start with one simple step: place one hand on your heart, one on your belly, and take three slow breaths. Notice that you are safe in this moment. You don't need to have all the answers before starting your healing journey. If you feel confused, overwhelmed, or unsure where to begin, you're not alone. That's exactly where this work begins. Clarity isn't something you force. It's something you remember when you feel safe enough to look.

BOOK YOUR TRAUMA
ROOT RELIEF SESSION

With love, compassion and understanding,
Monica Walston
Trauma-Informed Hypnotherapist

Conclusion

Just because something can't be explained, doesn't mean it can't be healed. You've already done something powerful by acknowledging that something feels "off."

Let this guide be your first light in the fog. As clarity builds and your nervous system softens, the next steps will naturally reveal themselves - and I'd love to walk with you as they do.





The Trauma Root Healing Sanctuary

This is a gentle, spiritually grounded place where sensitive souls gather to receive ongoing guidance, nervous-system-safe practices, and compassionate support as they heal trauma, emotional patterns, and soul wounds.

Inside the sanctuary, you will find:

- Monthly live community healing circles
- Grounding practices and gentle teachings
- A safe space to feel seen and supported
- Continued guidance without pressure

If your guide resonated and you feel called to receive ongoing support, we would love to welcome you into this sacred space.

Join here: [Trauma Root Healing Sanctuary](#).

You are not alone on this path. You are held. You are welcome.