



WITCH WOUNDS



What Are Witch Wounds?

Witch Wounds are not about being a witch in a literal sense.

They describe deep patterns of fear, hiding, self-silencing, or self-doubt that can form when, at some level, it hasn't felt safe to be seen, heard, intuitive, powerful, or different. These patterns can come from ancestral or collective history, past-life or spiritual memory, cultural conditioning, or early life experiences where expressing your truth led to rejection, shame, or loss of safety.

Persecution Wounds are closely linked and relate to the fear of punishment, exclusion, judgment, or harm for being fully yourself. Together, these wounds can show up as shrinking, over-censoring, doubting your intuition, avoiding visibility, or feeling unsafe in your power or spiritual expression.

Nothing here means something is wrong with you. These patterns once helped you or your ancestors stay safe. This assessment simply helps you notice where your system may still be protecting you, and where it is now safe to soften, reclaim your truth, and come home to yourself.

Is This You?

You may resonate with this assessment if you've ever felt called to share your truth, gifts, or intuition, yet noticed yourself holding back, staying small, or feeling unsafe being fully seen. If visibility, power, or spiritual expression feels both magnetic and threatening, this self-assessment is for you.

Instructions

This self-assessment is a gentle awareness tool, not a test and not a diagnosis.

There are no right or wrong answers. Its purpose is to help you:

- Notice how Witch Wound and Persecution Wound patterns may currently show up in your thoughts, emotions, body, energy, visibility, and spiritual expression
- Create a clear baseline (Before)
- Track changes, shifts, and softening after healing sessions (After)

This assessment is designed to be used alongside energy healing, clearing work, infusions, affirmations, and reflection.

How to Complete This Assessment

1. Read each statement slowly. Notice what feels true for you **right now**.
2. Rate each statement from **0 to 10**, where:
 - **0** = Not present / not an issue
 - **10** = Strongly present / a recurring pattern in my life

3. Use the number that best reflects your *overall experience*, not one isolated moment.
4. Answer honestly and intuitively. Your first instinct is usually the most accurate. Avoid overthinking or trying to “score well.”
5. Complete this assessment:
 - Before beginning Witch Wound / Persecution healing
 - After completing your healing sessions(You may also revisit it periodically to track ongoing integration.)
6. Be compassionate with yourself. Higher scores simply highlight where safety, healing, or reclamation are needed.

Important Notes

- These statements describe common Witch Wound and Persecution Wound patterns.
- Strong emotions may arise. Pause, breathe, and return when you feel grounded.
- These patterns may come from ancestral memory, collective trauma, past lives, or early experiences, not personal failure.
- This assessment is for awareness and healing, not self-judgement.

Section 1: Visibility & Being Seen

- I feel unsafe being visible or fully seen. ____ / 10
- I hide my gifts, truth, or power to stay safe. ____ / 10
- I fear being judged, attacked, or misunderstood if I shine. ____ / 10

Section 2: Voice & Truth Expression

- I hold back from speaking my truth. ____ / 10
- I silence myself to avoid conflict or rejection. ____ / 10
- I fear the consequences of being honest or outspoken. ____ / 10

Section 3: Intuition, Knowing & Inner Guidance

- I doubt or distrust my intuition. ____ / 10
- I fear my inner knowing may be “wrong” or dangerous. ____ / 10
- I disconnect from my spiritual guidance to feel accepted. ____ / 10

Section 4: Spiritual Gifts & Power

- I feel unsafe using my spiritual or healing gifts. ____ / 10
- I fear my power could harm others or myself. ____ / 10
- I minimise or downplay my abilities. ____ / 10

Section 5: Shame, Guilt & Self-Rejection

- I feel shame around who I am or what I know. ____ / 10
- I carry guilt for being different, powerful, or intuitive. ____ / 10
- I judge or suppress parts of myself. ____ / 10

Section 6: Safety in the Body & Nervous System

- I feel unsafe being fully present in my body. ____ / 10
- I experience hypervigilance, anxiety, or collapse around expression. ____ / 10
- My body holds fear linked to being seen or heard. ____ / 10

Section 7: Power, Leadership & Authority

- I avoid leadership or authority roles. ____ / 10
- I fear misuse of power — mine or others'. ____ / 10
- I shrink when called to lead, guide, or influence. ____ / 10

Section 8: Belonging & Sisterhood

- I feel unsafe or unsupported in groups or communities. ____ / 10
- I expect betrayal, jealousy, or rejection from others. ____ / 10
- I struggle to trust soul-aligned connections. ____ / 10

Section 9: Spiritual Identity & Faith

- I feel conflicted or confused about my spirituality. ____ / 10
- I fear being “too spiritual” or “not spiritual enough.” ____ / 10
- I have experienced shame or rejection for my beliefs. ____ / 10

Section 10: Persecution & Threat Memory

- I fear punishment, exile, or harm for being myself. ____ / 10
- I carry a sense of danger linked to visibility or truth. ____ / 10
- I feel safer staying hidden than expressed. ____ / 10

Section 11: Worthiness & Divine Support

- I feel unworthy of divine love or protection. ____ / 10
- I struggle to trust that life or spirit supports me. ____ / 10
- I feel alone on my path. ____ / 10

Section 12: Expansion, Success & Impact

- I sabotage growth, success, or expansion. ____ / 10
- I fear the responsibility that comes with influence. ____ / 10
- I associate success with loss, danger, or backlash. ____ / 10

Score Interpretation Guide

Use this guide for each item (bullet point) not as a total score.

- 0–3 | Integrated / Regulated
This area feels relatively safe and embodied.
- 4–6 | Active Pattern
This wound is influencing behaviour or energy. Healing here will create noticeable shifts.
- 7–10 | Core Witch Wound
A deep imprint. Clearing this area may bring profound relief, safety, and self-trust.

Higher scores = more active wound.

Lower scores = integration, safety, and reclamation.

Reflection & Integration

1. My Top 3 Witch / Persecution Wound Expressions

1.

2.

3.

2. Body Awareness - Where do I feel these patterns in my body?

3. Emotional Awareness - What emotions are present here?

4. Core Beliefs Noticed - What beliefs about safety, power, or truth are connected to these patterns?

5. Compassionate Witnessing - If these patterns were protecting me, what were they trying to prevent?

After Healing – Integration Reflection

6. What Has Shifted? Which sections feel lighter, calmer, or safe?

7. Embodied Changes What feels different in my body, relationships, or self-expression?

8. New Inner Truths What new beliefs or feelings of safety are emerging?

9. Self-Trust Statement Complete this sentence: *I now allow myself to feel safe to...*

A Final Reminder

This work is not about fixing yourself.

It is about remembering the parts of you that learned to hide to survive and gently teaching them that they are safe now.

If what you uncovered feels familiar, it doesn't mean something is wrong with you.
It means something is ready to be cleared.

I work with Witch Wounds and Persecution Wounds gently and safely through energy clearing and guided healing sessions.

If you feel called to go deeper, you're welcome to [reach out via email](#) or book an [Unseen to Unstoppable Session](#).