

# Are You Carrying What Isn't Yours?

Uncover hidden emotional patterns  
passed down through generations

WORKBOOK



# Have you ever felt stuck—despite doing all the right things?

As coaches, healers, or therapists, we often meet clients who are intelligent, self-aware, and motivated, yet something holds them back. Perhaps you've experienced this in your own life too—a sense of heaviness, fear of success, unexplained anxiety, or repeated relationship and financial patterns that don't seem to make sense.

## What if these patterns didn't start with you?

Modern science is beginning to confirm what Family Constellation work has shown for decades: emotional patterns can be inherited. Just like we inherit eye colour or bone structure, we may also carry what I call emotional DNA—deep, often unconscious loyalties to our family lineage.

***This isn't about blame or victimhood. It's about awareness.***

When we start to recognise and gently release what doesn't belong to us, we gain access to our own clarity, strength, and potential.

***This short guide will help you begin to spot the signs of inherited emotional entanglements—and take the first steps toward reclaiming your own story.***

# The Science Behind Emotional DNA

**You might be wondering—is this just theory or intuition?**

Actually, science is catching up.

There's a fascinating and growing field called epigenetics, which explores how our environment and emotional experiences—especially trauma—can influence gene expression without altering the DNA sequence itself.

In other words, while your genes provide the blueprint, life experiences (even those of your ancestors) can influence how those genes are activated or silenced. This means trauma doesn't end with the person who experienced it—it can echo down through generations.

◆ One well-known study from Mount Sinai Hospital in New York found that descendants of Holocaust survivors showed higher levels of stress hormones and altered gene expression related to fear and anxiety responses.  
(Study: Yehuda, R. et al., Biological Psychiatry, 2016)

◆ Similar effects have been found in the grandchildren of people who lived through famine or war. The Dutch Hunger Winter and 9/11 studies offer further evidence of how trauma creates a biological imprint across generations.

So when people say things like,  
“I’ve always felt anxious, even when there’s nothing wrong,”  
or  
“This fear doesn’t feel like mine,”  
...they might be right.

What we call emotional DNA is that invisible inheritance—a deeply embedded loyalty to past pain, hardship, or survival.

The good news? Once we become aware of these inherited patterns, we can work to release what doesn't belong and reclaim what's truly ours.

Systemic Constellations offer a powerful and respectful way to explore this.

# CHECKLIST

## Common Signs of Hidden Family Loyalties

Sometimes, we carry invisible burdens that don't belong to us—out of love, loyalty, or simply unconscious entanglement with our family system.

These patterns can quietly influence our choices, behaviours, and emotional well-being.

- ◆ You feel responsible for things that aren't really yours
- ◆ You repeat similar relationship or career struggles as a parent or grandparent
- ◆ You carry guilt, shame, or fear that seems bigger than your own story
- ◆ You feel stuck or limited, despite inner work and personal effort
- ◆ You have a strong need to 'rescue' others at the cost of your own well-being
- ◆ You find yourself sabotaging success or feeling unworthy of happiness
- ◆ You have physical symptoms with no clear medical cause
- ◆ You feel loyal to someone's suffering—often unconsciously
- ◆ You notice a pattern of early death, addiction, or loss in your family
- ◆ You've taken on a family member's role (e.g. "parenting your parents")

***These are not random patterns—they often point to systemic entanglements that can be lovingly acknowledged and transformed.***



# Making the Invisible Visible

## What Systemic Constellations Can Reveal

Systemic Constellations are a powerful method to explore what's hidden beneath the surface—especially the emotional entanglements and inherited patterns passed down through the family line.

Think of it like turning on the lights in a room you've always walked through in the dark.

Using a visual and spatial process, constellations make invisible dynamics visible and felt. Clients often say, "Now I can see what I've been carrying all along."

### **A constellation allows you to:**

- ◆ See unconscious family loyalties, burdens, or repeating themes
- ◆ Honour and acknowledge the fate of previous generations
- ◆ Release what doesn't belong to you, without blame or rejection
- ◆ Reclaim energy, confidence, and inner clarity
- ◆ Restore flow in areas like health, money, relationships, and purpose

*Rather than analysing the past, constellations reveal how the past lives in the present—and gently shift it so your future opens up with greater freedom.*

# A True Story – From Bound Potential to Inspired Action

Recently, I worked with a highly skilled executive who came to me with a familiar concern:

***“I know I have potential—but I just can’t seem to fulfil it.”***

He was intelligent, successful, and deeply committed to personal growth. And yet, something felt blocked. Traditional coaching helped clarify goals, but something deeper remained untouched—like an invisible force holding him back.

When we set up a Systemic Constellation, he described the sensation as if he were tied up in razor wire—bound by something he couldn’t name.

Through gentle exploration, we discovered a hidden loyalty to his ancestral line—particularly to family members who had endured hardship and restriction in order to survive. Unconsciously, he was holding himself back out of respect for their sacrifices, as if surpassing their limitations would betray them.

With care and reverence, we acknowledged their fate and their strength—the very strength that helped him be where he is today.

**As this emotional knot loosened, something remarkable happened.**

- ◆ His body relaxed.
- ◆ His expression shifted.
- ◆ And within minutes, a flood of new ideas emerged—exciting possibilities that had felt unreachable just moments before.

He left with fresh clarity and a readiness to step into projects that once felt too big, too risky, or simply out of reach.

*That’s the beauty of constellation work:*  
***When we release what isn’t ours, we reclaim what is.***



# Are You Carrying What Isn't Yours?

## Reflective Questions

If you've read this far, something may have resonated with you—whether personally or professionally.

### **Take a moment to pause and reflect:**

- Have you ever felt weighed down by something you can't explain?
- Do you notice repeated struggles or themes in your family line?
- Is there a part of you that holds back... even when the path is clear?
- Are you carrying guilt, shame, or responsibility that might belong to someone else?
- What could open up for you—or for your clients—if these inherited patterns were brought to light?

*These are not easy questions, and they don't require quick answers. But the very act of asking is a powerful beginning.*

**You are not broken.**

**You may simply be entangled.**

***And the good news is:  
that there is a path to clarity, dignity, and new direction.***

# Sonja from Healing Point Constellations

With over 20 years of experience in Family and Systemic Constellations, Sonja brings warmth, depth, and clarity to every session. Her approach is grounded in compassion and scientific insight, helping clients uncover inherited patterns, release what no longer serves them, and step into their own power.

Sonja's work is informed by her background in NLP Master Coaching, Integral Traumatology, and Conversational Hypnosis—making her approach both deeply intuitive and highly effective.

She specialises in helping coaches, therapists, and professionals unlock what's hidden in their family system so they can move forward with freedom and authenticity.



Connect with Sonja



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