



# MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach  
Charlie Winburn



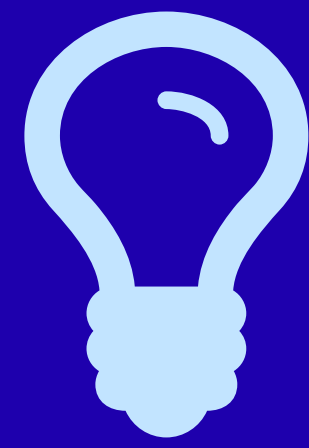
Coach Chuck Futel



Coach Dan Ray

# WHO HURT YOU? IT'S TIME TO HEAL THIS SUNDAY!

By Charles E. Winburn, M.Ed.



## MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# WHO WOUNDED YOU? IT'S TIME TO GET HEALED THIS SUNDAY!

By Charles E. Winburn, M.Ed.



## MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# WHO SCREWED YOU UP AS A CHILD? GET HEALED THIS SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



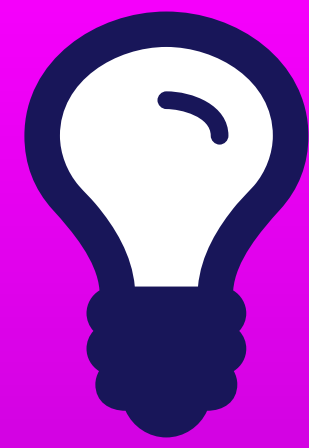
Coach Chuck Futel



Coach Dan Ray

# LEARN HOW TO OVERCOME YOUR CHILDHOOD TRAUMA THIS SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# 'HURT PEOPLE HURT PEOPLE!' WHO HURT YOU?

By Charles E. Winburn, M.Ed.



**MASTERMIND CLASS & CLINIC 2026**



Master Life Coach  
Charlie Winburn



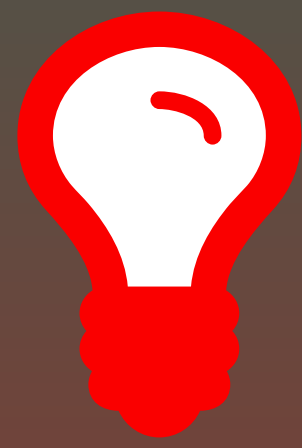
Coach Chuck Futel



Coach Dan Ray

# WHO TRAUMATIZED YOU? LEARN HOW TO HEAL SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel

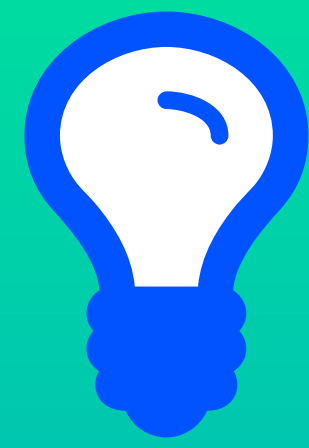


Coach Dan Ray

# WHAT HAPPENED TO YOU?

LEARN HOW TO **HEAL** THIS SUNDAY!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# WHO CAUSED THE **CHILDHOOD TRAUMA** IN YOUR LIFE? LEARN HOW TO **FORGIVE** THEM!

By Charles E. Winburn, M.Ed.

***Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.***

## **Resources**

***We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.***

**Aim for Wellbeing**

**The Christ Hospital**

**513-791-5521**

***AIM for Wellbeing: Integrative  
and Functional Medicine***

## **Life Extension**

**Research-based vitamins  
and minerals**

**855-874-9087**

**John H. Thomas, Ed.D.**

**Clinical psychologist**

**513-961-5682**

***(24-hour answering service)***

**Amen Clinics**

**Brain SPECT Imaging**

**877-311-2828**

***Natural ways to heal your body***

**Clifton Natural Foods**

**336 Ludlow Avenue**

**Cincinnati, OH 45220**

**513-961-6111**

# **Ohio Domestic Violence Network (ODVN) Helpline**

**1-800-934-9840**

**[www.odvn.org](http://www.odvn.org)**

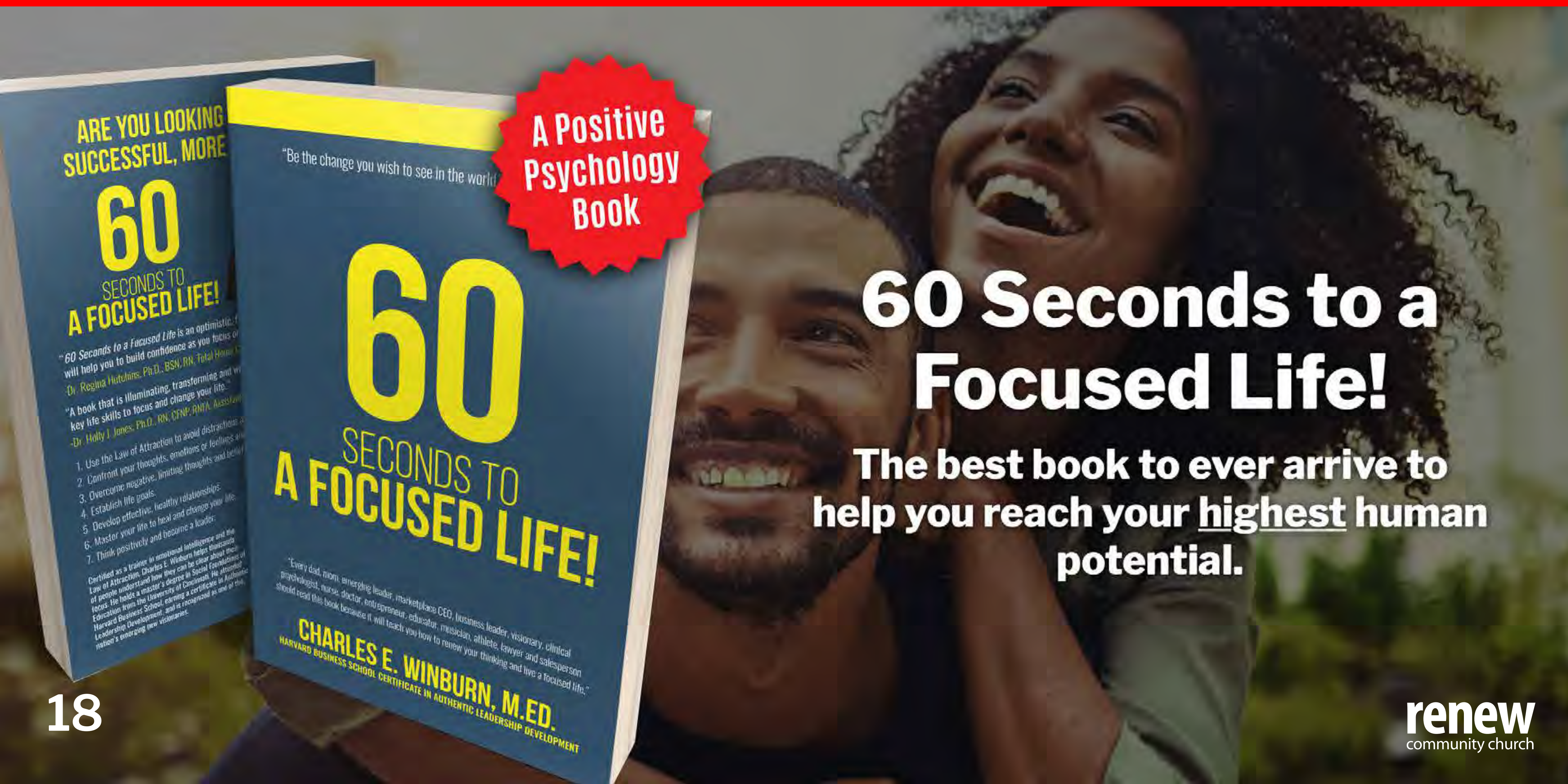
# **National Domestic Violence Hotline**

**1-800-799-SAFE** (7233)

**1-800-787-3224** (TTY)

**[www.thehotline.org](http://www.thehotline.org)**

Visit today: **60SecondsToAFocusedLife.com**



A Positive  
Psychology  
Book

# 60 Seconds to a Focused Life!

The best book to ever arrive to  
help you reach your highest human  
potential.

**He healeth the broken in heart,  
and bindeth up their wounds.**

***Psalm 147:3***

**But he was wounded for our  
transgressions, he was bruised for  
our iniquities: the chastisement of  
our peace was upon him; and with  
his stripes we are healed.**

***Isaiah 53:5***

**Heal me, O LORD, and I shall be  
healed; save me, and I shall be  
saved: for thou art my praise.**

***Jeremiah 17:14***

**Who forgiveth all thine iniquities;  
who healeth all thy diseases.**

***Psalm 103:3***

**For I will restore health unto thee,  
and I will heal thee of thy wounds,  
saith the LORD...**

***Jeremiah 30:17***

**O LORD my God, I cried unto thee,  
and thou hast healed me.**

***Psalm 30:2***

**When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick... That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.**

***Matthew 8:16-17***

**Who his own self bare our sins in  
his own body on the tree, that we,  
being dead to sins, should live unto  
righteousness: by whose stripes  
ye were healed.**

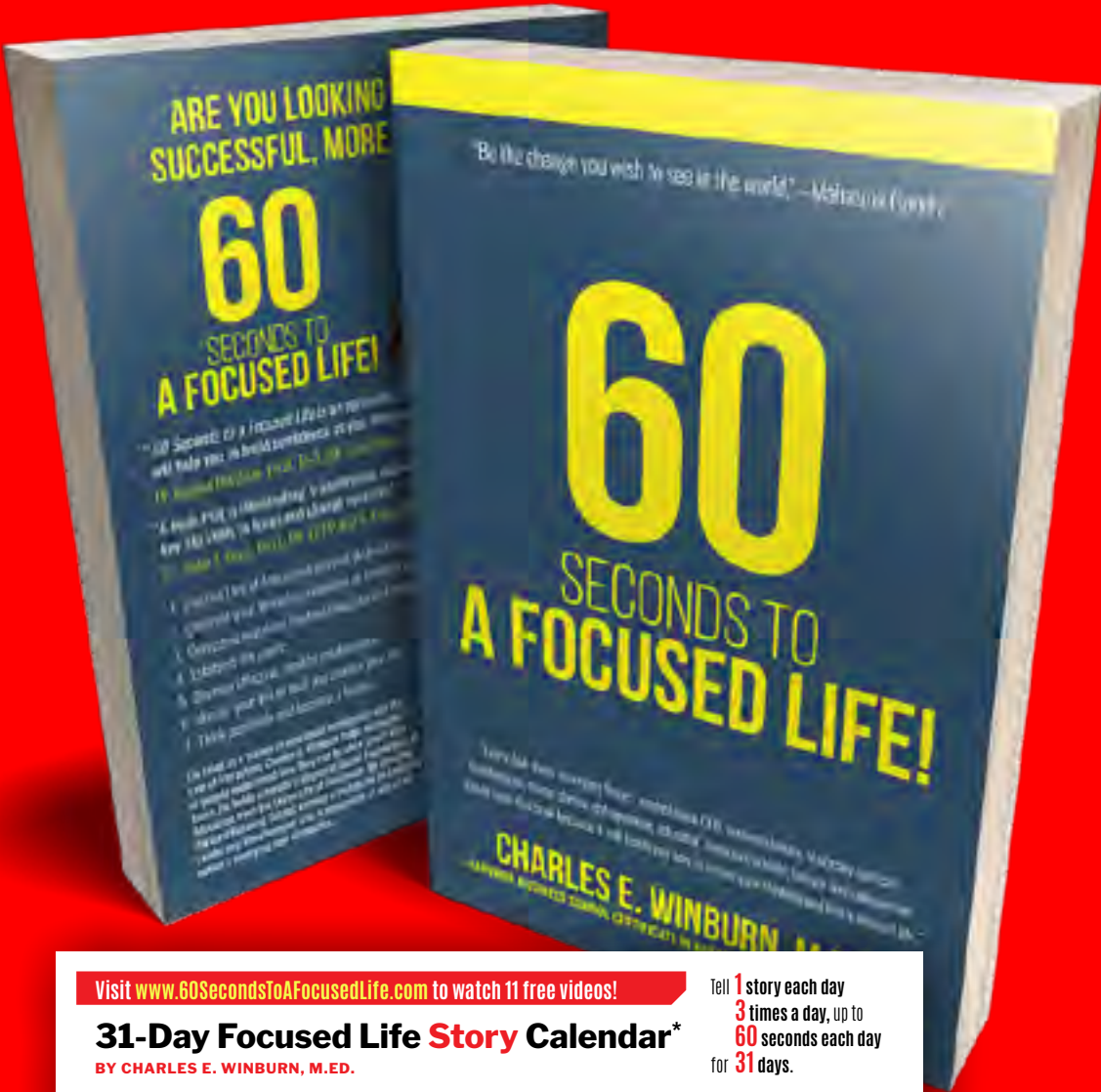
***1 Peter 2:24***

**Is any sick among you? let him call  
for the elders of the church... and  
the prayer of faith shall save the  
sick, and the Lord shall raise him  
up; and if he have committed sins,  
they shall be forgiven him.**

***James 5:14-15***

**Thou hast turned for me my  
mourning into dancing: thou hast  
put off my sackcloth, and girded  
me with gladness.**

***Psalm 30:11***



# Introduction: Who hurt you?

## AI Research

Visit [www.60SecondsToAFocusedLife.com](http://www.60SecondsToAFocusedLife.com) to watch 11 free videos!

**31-Day Focused Life Story Calendar\***

BY CHARLES E. WINBURN, M.D.

Tell 1 story each day  
3 times a day, up to  
60 seconds each day  
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

|                                                                                             |                                                                                             |                                                                                             |                                                                                                                                                                              |                                                                                             |                                                                                             |                                                                                             |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <b>DAY 1</b><br>It is my divine and human right to have fun today.                          | <b>DAY 2</b><br>It is my divine and human right to be happy today.                          | <b>DAY 3</b><br>It is my divine and human right to walk in love and express my love today.  | <b>DAY 4</b><br>It is my divine and human right to walk in love and express my love today.                                                                                   | <b>DAY 5</b><br>It is my divine and human right to walk in love and express my love today.  | <b>DAY 6</b><br>It is my divine and human right to walk in love and express my love today.  | <b>DAY 7</b><br>It is my divine and human right to walk in love and express my love today.  |
| <b>DAY 8</b><br>It is my divine and human right to walk in love and express my love today.  | <b>DAY 9</b><br>It is my divine and human right to walk in love and express my love today.  | <b>DAY 10</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 11</b><br>It is my divine and human right to walk in love and express my love today.                                                                                  | <b>DAY 12</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 13</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 14</b><br>It is my divine and human right to walk in love and express my love today. |
| <b>DAY 15</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 16</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 17</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 18</b><br>It is my divine and human right to walk in love and express my love today.                                                                                  | <b>DAY 19</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 20</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 21</b><br>It is my divine and human right to walk in love and express my love today. |
| <b>DAY 22</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 23</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 24</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 25</b><br>It is my divine and human right to walk in love and express my love today.                                                                                  | <b>DAY 26</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 27</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 28</b><br>It is my divine and human right to walk in love and express my love today. |
| <b>DAY 29</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 30</b><br>It is my divine and human right to walk in love and express my love today. | <b>DAY 31</b><br>It is my divine and human right to walk in love and express my love today. | <b>* It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.</b> |                                                                                             |                                                                                             |                                                                                             |

© Leadership Concepts LLC, Charles E. Winburn. All rights reserved.

**LEADERSHIP CONCEPTS LLC**

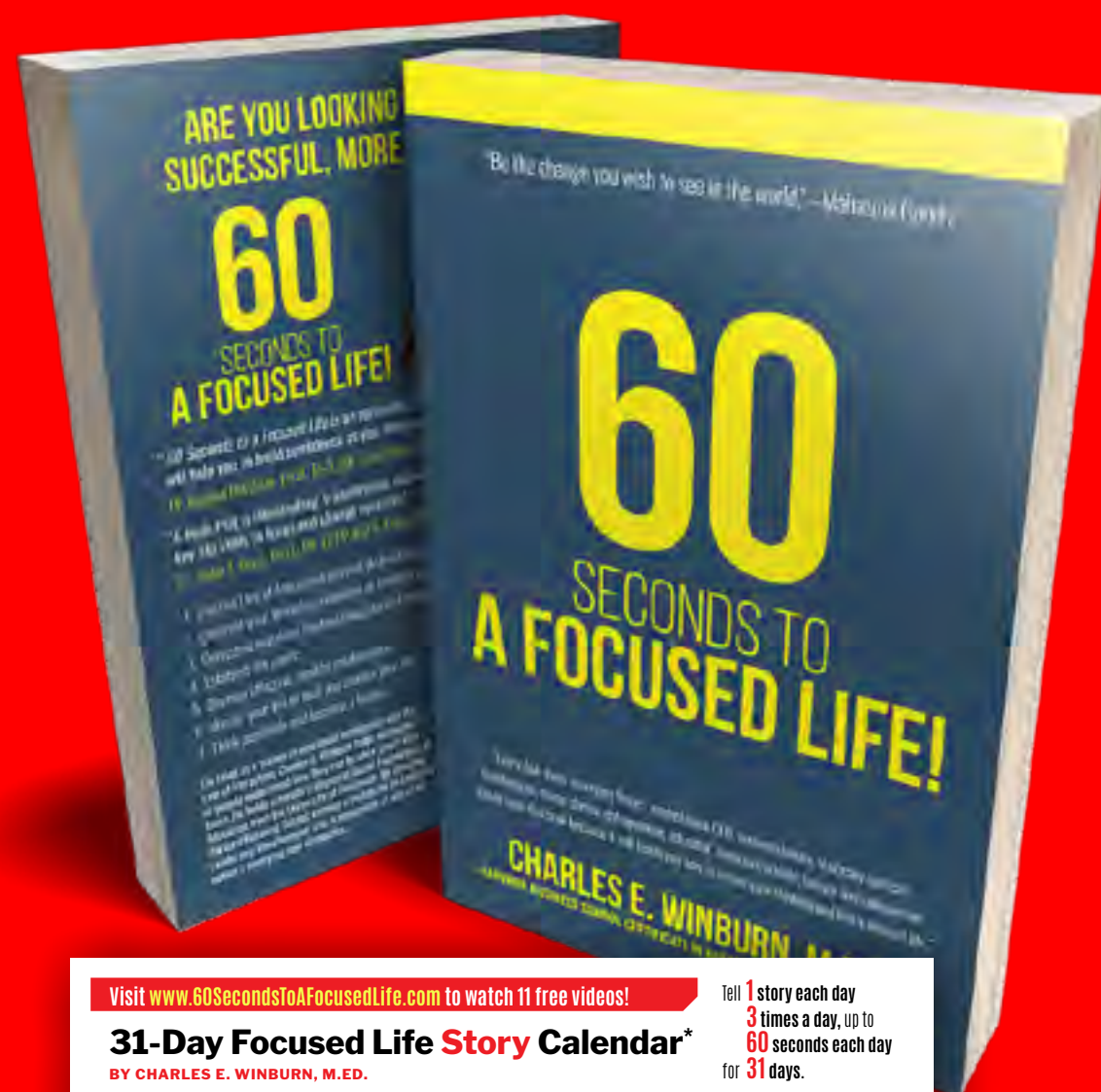
60SecondsToAFocusedLife.com

- 1. Who harmed you?**
- 2. Who hurt you back then?**
- 3. Who was involved in the harm you experienced?**
- 4. Who did the harm to you?**
- 5. What person or people hurt you?**
- 6. Was there someone specifically who hurt you?**

- 7. Who was around when you were hurt?**
- 8. Who contributed to what happened to you?**
- 9. Who had power over you when this happened?**
- 10. Who was the unsafe person in your life at that time?**

- 11. Was someone supposed to protect you who didn't?**
- 12. Who failed to keep you safe?**
- 13. Who caused you fear, pain, or harm?**
- 14. What person hurt you, and what did they do?**
- 15. Who crossed your boundaries or violated your trust?**

- 16. Who made you feel unsafe?**
- 17. Who was responsible for the hurt you carried?**
- 18. Was there an individual who caused the trauma?**
- 19. What relationships involved the harm you experienced?**
- 20. Who do you associate with the hurt from your childhood?**



Visit [www.60SecondsToAFocusedLife.com](http://www.60SecondsToAFocusedLife.com) to watch 11 free videos!

**31-Day Focused Life Story Calendar\***  
BY CHARLES E. WINBURN, M.ED.

Tell 1 story each day  
3 times a day, up to  
60 seconds each day  
for 31 days.

| LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!                         |                                                                                                             |                                                                                                                      |                                                                                                                                                                      |                                                                                                         |                                                                                       |                                                                                                                              |
|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>DAY 1</b><br>It is my divine and human right to have fun today.                                         | <b>DAY 2</b><br>It is my divine and human right to be happy today.                                          | <b>DAY 3</b><br>It is my divine and human right to be in love and experience my love today.                          | <b>DAY 4</b><br>It is my divine and human right to walk in grace and to feel by the Holy Spirit today.                                                               | <b>DAY 5</b><br>It is my divine and human right to walk in wisdom and the skill of God today.           | <b>DAY 6</b><br>It is my divine and human right to experience serenity today.         | <b>DAY 7</b><br>It is my divine and human right to forgive myself and others today.                                          |
| <b>DAY 8</b><br>It is my divine and human right to love today.                                             | <b>DAY 9</b><br>It is my divine and human right to be joyful and to have a great outlook on life today.     | <b>DAY 10</b><br>It is my divine and human right to be peaceful, joy and peace in the universe and live earth today. | <b>DAY 11</b><br>It is my divine and human right to feel safe today.                                                                                                 | <b>DAY 12</b><br>It is my divine and human right to walk in the illumination and kindness of God today. | <b>DAY 13</b><br>It is my divine and human right to be kind to self and others today. | <b>DAY 14</b><br>It is my divine and human right to be harmonious today.                                                     |
| <b>DAY 15</b><br>It is my divine and human right to walk in courage today.                                 | <b>DAY 16</b><br>It is my divine and human right to be confident, to lead and others and share peace today. | <b>DAY 17</b><br>It is my divine and human right to be free and to feel freedom today.                               | <b>DAY 18</b><br>It is my divine and human right to live in the presence of God today.                                                                               | <b>DAY 19</b><br>It is my divine and human right to live, move and have my being in God today.          | <b>DAY 20</b><br>It is my divine and human right to renew my mind today.              | <b>DAY 21</b><br>It is my divine and human right to be more than a consumer over my spiritual, health and mental life today. |
| <b>DAY 22</b><br>It is my divine and human right to do all things through Christ who strengthens me today. | <b>DAY 23</b><br>It is my divine and human right to pray in the end of each I read in God today.            | <b>DAY 24</b><br>It is my divine and human right to walk in the end of each I read in God today.                     | <b>DAY 25</b><br>It is my divine and human right to focus on what I want I focus on happiness today.                                                                 | <b>DAY 26</b><br>It is my divine and human right to focus on what I want I focus on happiness today.    | <b>DAY 27</b><br>It is my divine and human right to have great relationships today.   | <b>DAY 28</b><br>It is my divine and human right to prosper and walk in all the fullness of God's emotions today.            |
| <b>DAY 29</b><br>It is my divine and human right to be transformed and renewed in my heart today.          | <b>DAY 30</b><br>It is my divine and human right to walk in divine health and healing today.                | <b>DAY 31</b><br>It is my divine and human right to have plenty of money and materials to bless others today.        | *It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration. |                                                                                                         |                                                                                       |                                                                                                                              |

LEADERSHIP CONCEPTS LLC

25 common “untreated childhood trauma” experiences that can happen to children and might show up in adulthood if not resolved

*AI Research*

60SecondsToAFocusedLife.com

- 1. Emotional neglect:** Feeling consistently unseen, dismissed, or “not worth attention” can later look like low self-worth and difficulty identifying needs.

**2. Physical abuse:** Unpredictable or violent discipline can become chronic hypervigilance, anger issues, or fear of conflict in adulthood.

**3. Sexual abuse:** May contribute to ongoing shame, difficulty with trust/intimacy, dissociation, or sexual problems later on.

**4. Emotional abuse:** Insults, humiliation, or threats can lead to internalized self-criticism and perfectionism.

- 5. Verbal threats and intimidation:**  
Living with “anything could happen” can later cause anxiety, startle responses, and feeling unsafe even when conditions improve.

**6. Chronic invalidation:** Being told your feelings are wrong can result in emotional numbness, inability to name emotions, or over-apologizing as an adult.

**7. Household instability / unpredictability:** Frequent changes, broken routines, or chaotic environments can later drive impulsivity, difficulty relaxing, or constant “scan for danger.”

**8. Neglect (physical):** Lack of food, medical care, or basic safety can show up later as poor health habits, difficulty advocating for needs, or fear of abandonment.

**9. Neglect (emotional):** Being left alone with feelings can later cause loneliness, avoidance of vulnerability, or “I shouldn’t need anyone.”

**10. Witnessing domestic violence:**  
Even without being hit,  
exposure can lead to trauma  
responses—hypervigilance,  
relationship fear, or repeating  
harmful dynamics.

**11. Bullying / repeated peer humiliation:** Persistent social threat can later produce social anxiety, people-pleasing, or mistrust of others' intentions.

**12. Racial, cultural, or identity-based trauma:** Discrimination can cause chronic stress, impostor feelings, anger suppression, or difficulty feeling at home in communities.

**13. Grief without support (loss at a young age):** When grief is ignored, children may grow up with complicated grief, emotional shutdown, or “can’t slow down.”

**14. Caregiver substance misuse:**  
**Unreliable caregiving can  
create attachment insecurity,  
difficulty regulating emotions,  
and fear-based control in  
relationships.**

**15. Caregiver mental illness without stability:** Kids may become overly responsible or fearful of upsetting adults, which can later look like anxiety and caretaker patterns.

**16. Abandonment (actual or emotional):** Missing caregivers or being left can later trigger intense fear of rejection and difficulty forming secure attachments.

**17. Inconsistent caregiving:**  
**Alternating warmth and withdrawal can lead to anxious attachment, mood reactivity, and difficulty trusting consistency.**

**18. Boundary violations:** Lack of privacy or consent early on can later cause difficulties with personal boundaries, people-pleasing, or self-protection through avoidance.

**19. Coercive control:** Being pressured to comply or keep others calm can later appear as difficulty saying no, fear of angering others, or chronic self-erasure.

**20. Parentification (child becomes the caretaker):** When children are forced to manage adults, adults may struggle with rest, guilt when not productive, or “I must handle everything.”

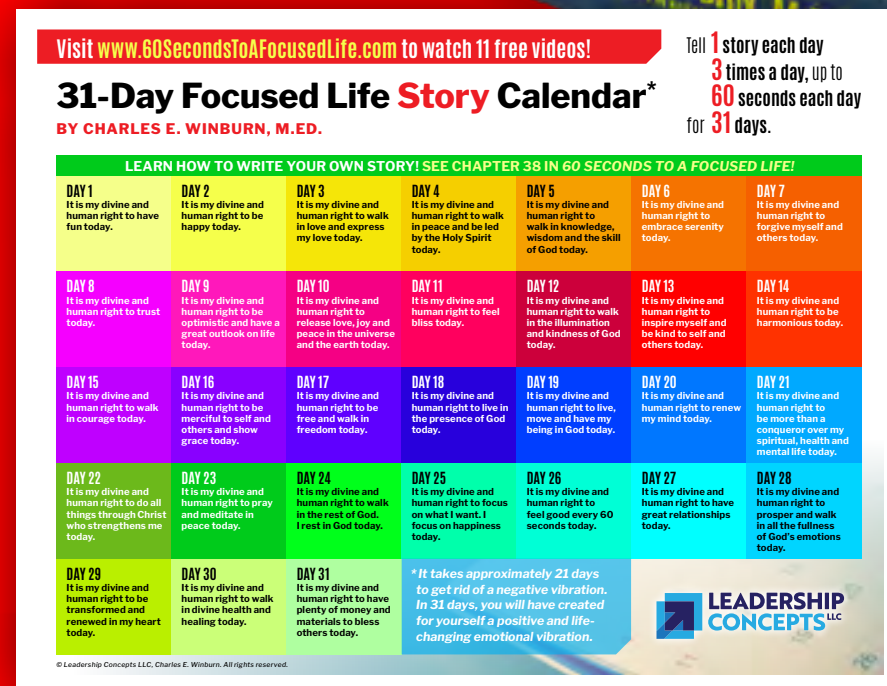
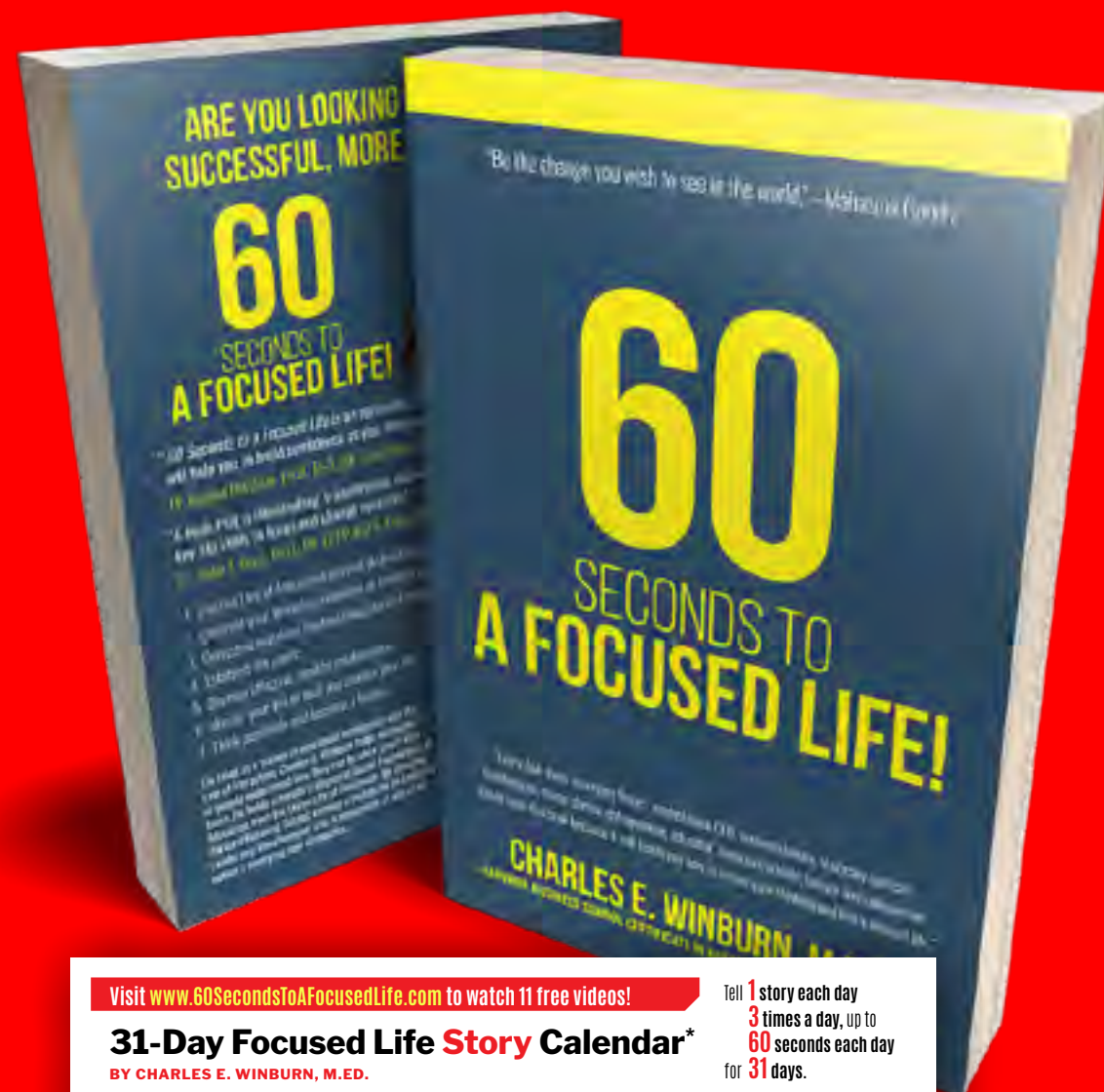
**21. Chronic shame environments:**  
Shame-based culture (“bad kid,” “you’re disgusting”) can later create shame-driven behavior, secrecy, and harsh self-judgment.

**22. Dysregulated parenting / severe anger:** Growing up around explosive emotion can later produce either explosive anger yourself or emotional shutdown when activated.

**23. Dissociation/repeated “leaving your body” during distress:**  
**If a child copes by mentally escaping, adulthood may bring zoning out, memory gaps, or feeling unreal.**

**24. Being blamed for safety risks:**  
If a child is told their presence caused danger, adults may develop pervasive guilt, self-blame, and risk-avoidance or self-sabotage.

**25. Being raised around unprocessed trauma:** When caregivers' trauma goes unaddressed, kids may learn fear responses and coping patterns that later show up as anxiety, relationship triggers, and emotional reactivity.



# 25 scientific and psychological ways people work with untreated childhood trauma

*AI Research*

60SecondsToAFocusedLife.com

- 1. Trauma-focused psychotherapy (TF-CBT):** Combines skills (coping, emotion regulation) with structured work on trauma-related thoughts and memories.

- 2. EMDR (Eye Movement Desensitization and Reprocessing):** Uses bilateral stimulation (e.g., eye movements) to help the brain reprocess traumatic memories so they become less emotionally “charged.”

- 3. Prolonged Exposure (PE):**  
Gradual, repeated contact with trauma cues and memories in a safe way to reduce fear responses through learning (“what I fear isn’t happening now”).

- 4. Cognitive Processing Therapy (CPT):** Targets stuck beliefs (e.g., “It was my fault,” “I can’t trust anyone”) and revises them using evidence and structured worksheets.

- 5. Schema Therapy:** Works with deep patterns formed in childhood (schemas like abandonment, defectiveness, mistrust) and builds healthier modes and needs.

**6. Somatic Experiencing / Somatic trauma therapies:** Helps release trauma stored in the body by tracking physiological arousal and gradually completing stress responses.

- 7. Internal Family Systems (IFS):**  
Treats parts of the self (e.g., a “protector,” “inner child,” “manager”) with compassion, reducing internal conflict and shame.

- 8. Mindfulness-based therapies (e.g., MBCT/ACT-informed approaches):** Trains awareness of thoughts and sensations without getting overwhelmed, improving tolerance of distressing memories.

- 9. Acceptance and Commitment Therapy (ACT):** Helps you make room for difficult experiences while committing to values-based action, reducing avoidance that maintains trauma.

**10. Biofeedback:** Uses real-time physiological data (e.g., heart rate variability) to teach self-regulation—useful for hyperarousal and panic-like symptoms.

**11. Neurofeedback:** Trains brain activity patterns (typically attention/arousal networks) to improve regulation—evidence is mixed but promising in some contexts.

**12. Attachment-focused therapy:**  
Helps repair relational  
templates (trust, safety,  
boundaries) through a therapist  
relationship and targeted  
experiential work.

**13. Mentalization-based treatment:**  
**Strengthens the ability to**  
**interpret one's own and others'**  
**minds (“What am I feeling?**  
**What might they be feeling?”),**  
**reducing misattunement**  
**spirals.**

**14. Trauma-informed grief and loss work:** Addresses mourning for what you didn't get (safety, protection, love), which often blocks full recovery.

**15. Working with shame and self-compassion (CFT-informed methods):** Builds a kinder stance toward oneself to counter toxic shame, which is strongly linked to chronic trauma outcomes.

**16. Rescripting (imagery rescripting):** In guided sessions, you revisit the memory and create a new outcome (e.g., you are protected), to update emotional meaning.

**17. Narrative therapy:** Re-authoring your story so trauma becomes “one chapter” rather than the identity-defining plot; often reduces rumination and self-blame.

**18. Cognitive restructuring of trauma-linked beliefs:** Targets common distorted beliefs formed in childhood (e.g., “My needs are dangerous,” “I must earn love”).

**19. Building emotion regulation skills (DBT skills):** Uses practical tools (distress tolerance, mindfulness, opposite action) to reduce impulsive responses and overwhelm.

**20. Addressing avoidance with graduated exposure to triggers: Systematically approaches reminders (sensations, places, relationships) to shrink fear and regain agency.**

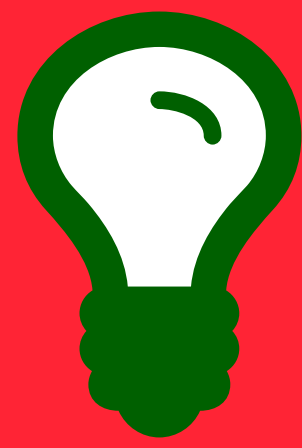
**21. Psychoeducation about trauma physiology:** Normalizes symptoms (hypervigilance, dissociation, numbing) as nervous-system adaptations, which reduces panic about symptoms.

**22. Dissociation-focused stabilization:** Uses grounding, orientation, and “window of tolerance” strategies to reduce getting lost in time/memory.

**23. Body-based grounding practices:** Skills like orienting to the room, paced breathing, or progressive muscle relaxation reduce sympathetic activation during resurfacing memories.

**24. Social safety and corrective relational experiences:** Healing often accelerates when you build consistent, trustworthy relationships that provide reliable attunement and boundaries.

**25. Meaning-making and posttraumatic growth work:**  
**Not “finding positives,” but constructing a coherent purpose/identity after trauma (often using values, spirituality, goals, or community).**



# MASTERMIND CLASS & CLINIC 2026



Master Life Coach  
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

# 'WHO HURT ME?'

## I'M READY TO GET HEALED!

By Charles E. Winburn, M.Ed.