

COLLECTION

The Essentials of Applied Psychology

Our Archaic Wounds

The 5 Soul Wounds



Gildas Garrec

Cognitive-Behavioral Psychotherapist

psychologieetserenite.com

Our Archaic Wounds

The 5 Soul Wounds

Gildas Garrec

CBT Psychopractitioner

Éditions Psychologie et Sérénité

© 2025 Gildas Garrec — Psychologie et Sérénité. All rights reserved.

Understanding Your Deep Schemas to Break Free

Collection: The Essentials of Applied Psychology

Gildas Garrec — CBT Psychopractitioner

psychologieetserenite.com

First Edition : September 2025

For all those who sense, confusedly, that something within them keeps repeating
— without knowing what, or why.

Table of Contents

Introduction — These Wounds We Carry Without Knowing It

Chapter 1 — The Archaic Flaws: Mapping an Invisible Inheritance

Chapter 2 — The Wound of Rejection: The Child Who Has No Right to Exist

Chapter 3 — The Wound of Abandonment: The Child Who Cannot Be Alone

Chapter 4 — The Wound of Humiliation: The Child Who Is Ashamed of Being

Chapter 5 — The Wound of Betrayal: The Child Who Can No Longer Trust

Chapter 6 — The Wound of Injustice: The Child Who Must Be Perfect

Chapter 7 — The Masks: These Armors That Protect Us and Imprison Us

Chapter 8 — When Wounds Meet: The Dance of Flaws in Romantic Relationships

Chapter 9 — The Path to Healing: From Schema to Freedom

Chapter 10 — Living With Your Flaws: The Art of Conscious Scarring

Conclusion — Your Flaws Are Not Your Identity

Bibliography

About the Author

Introduction

The Wounds We Carry Without Knowing It

There are pains that leave no visible mark. No fracture, no bruise, no scar you could show a doctor. And yet these pains govern our lives with a power that few people suspect.

Has it ever happened to you — reacting out of all proportion to an apparently trivial situation? A friend cancels a dinner, and suddenly you're overwhelmed by a sense of abandonment so violent you can't sleep. A colleague comments on your work, and it feels as though your entire self is collapsing, as though that small criticism calls into question your very right to exist. A partner comes home late without warning, and the rage that rises in you has nothing to do with a simple delay — it's an ancient, primitive fury that comes from somewhere far deeper than a ruined evening.

If these situations resonate with you, this book is for you.

What you feel in those moments is not weakness. It is not madness. It is not "all in your head." It is the expression of an archaic wound — a deep psychological injury inscribed in your history long before you had the words to name it, one that continues to shape your emotions, your relationships, and your life choices decades later.

Five Wounds, Five Ways of Suffering

The concept of "soul wounds" was popularized by Lise Bourbeau in her work *Les cinq blessures qui empêchent d'être soi-même* (2000). In it, she describes five fundamental wounds — rejection, abandonment, humiliation, betrayal, and injustice — and the five masks we develop to protect ourselves from them: the fugitive, the dependent, the masochist, the controller, and the rigid.

This model has touched millions of readers around the world, and for good reason: it puts simple, precise words to suffering that many people carry in silence. It offers an intuitive, accessible framework through which anyone can recognize themselves and begin to understand their repetitive patterns.

But the book you are holding is not a retelling of Bourbeau's work. Nor is it a critique. It is an extension — a bridge between Bourbeau's remarkable clinical intuition and the scientific advances of contemporary psychology.

Because here is what I believe is missing from the original five-wounds approach: grounding in research. Studies in affective neuroscience, attachment theory, cognitive psychology, and schema therapy have considerably enriched our understanding of these wounds over the past twenty-five years. We now know how these injuries form in the developing brain of a child. We know which neural circuits they activate. We know how they are transmitted from one generation to the next. And above all — and this is the essential point — we know how to heal them.

What This Book Offers You

As a CBT Psychopractitioner, I work every day with clients who carry these wounds. I see them at work in couples sessions, where two archaic injuries meet and create dynamics that are explosive or glacially cold. I see them in panic attacks that occur "for no apparent reason" but which are, in reality, triggered by a stimulus that reactivates a wound thirty years old. I see them in repetition patterns — clients who move from one toxic relationship to the next, from painful breakup to painful breakup, from one professional conflict to another, wondering why this "always happens to them."

What I propose in this book is a journey from the surface down to the roots. To understand, with the rigor of clinical psychology and the warmth of therapeutic experience, what is really at stake when an archaic wound is reactivated.

To do this, I will draw on three scientific pillars:

1. John Bowlby's attachment theory. How our earliest bonds — with our mother, our father, our attachment figures — literally program the brain for a certain type of relationship. How secure attachment protects against wounds, and how insecure attachment amplifies them.
2. Jeffrey Young's theory of early maladaptive schemas. Young identified 18 deep schemas that form in childhood and govern our thoughts, emotions, and behaviors in adulthood. Each of the five wounds corresponds to one or more of these schemas — and understanding this connection opens the door to structured, effective therapeutic work.
3. Third-wave cognitive behavioral therapy (CBT). The techniques of cognitive restructuring, defusion, mindfulness, and acceptance that make it possible to concretely change the relationship we have with our wounds — not by erasing them (which is impossible and would be a delusion), but by ceasing to obey them blindly.

Each chapter will include:

- An in-depth exploration of the wound in question
- The associated Young schemas and their everyday manifestations
- A detailed clinical case study (fictional, as always in this collection)

- Practical exercises drawn from CBT and schema therapy
- Verifiable scientific references

A Note on Lise Bourbeau and Respect for Sources

I want to be transparent about one important point. Lise Bourbeau is neither a clinical psychologist nor a research psychologist. Her approach comes from the tradition of personal development and rests on an energetic and spiritual reading of human suffering. This does not make her work any less valuable — popular clinical insight has often preceded formal research — but it does mean that some of her claims (in particular the links between wounds and body morphology) are not supported by current scientific evidence.

In this book, I will retain what has been validated by research (the concept of five broad categories of wounds, the masks as defense mechanisms, the notion of reactivation by relational triggers) and set aside what has not (the physical correspondences, the morpho-psychological interpretations). My aim is not to discredit, but to complete. To give these five wounds the scientific foundation that allows them to become fully-fledged therapeutic tools, rather than simply fascinating — but sometimes reductive — frameworks for self-understanding.

How to Use This Book

This book follows a logical progression. The first two chapters lay the theoretical groundwork: what an archaic wound is, how it forms, how it is transmitted. Chapters 2 through 6 explore each of the five wounds in depth. Chapter 7 analyzes the masks — those adaptive strategies we develop unconsciously to avoid feeling the pain of the wound. Chapter 8 examines what happens when two wounds meet within an intimate relationship — a crucial subject for understanding couple dynamics. Chapters 9 and 10 guide you along the path toward healing.

You may read this book in order, or go directly to the chapter that corresponds to the wound you believe you carry. I do recommend, however, that you read at least Chapter 1 before diving into the individual wounds, as it lays essential foundations.

And above all, do the exercises. Genuinely. They are not decorative. They are proven therapeutic tools, drawn from validated protocols, that you can use on your own — even though, of course, the support of a qualified therapist multiplies their effectiveness.

Let us begin at the beginning: what, exactly, is an archaic wound?
