

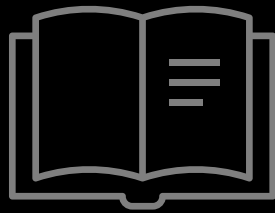
TRAUMA HEALING # 3

Steps to Healing



HEBREWS 4:16

... For what purpose? ...



**God made
your heart
to be happy!**

Feeling exposed?

Please don't be
angry with me!

Struggling is not a sin.

**Admitting you
struggle is not a sin.**

Recovery from trauma often covers 3 stages.
Remember-recovery is complex, and rarely
moves straight from one stage to the next.

3 Stages of Trauma Recovery

3 Stages of Trauma Recovery

- Safety & stabilization
- Processing
- Integration & Post Trauma Growth



1

Safety & Stabilization

Focuses on ensuring literal safety, and managing painful emotions, memories, body-sensations, and relationships with others.



2

Processing

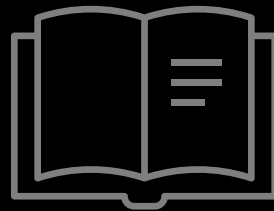
Involves telling the trauma story, reclaiming and transforming the traumatic memories so they can be integrated into your life story.

PROCESSING

- Identifying the source
- Acknowledging fault (actual)
- Facing Hatred / Bitterness / Anger
- Forgiveness (others, self)
- Consider where this road has now brought you (processing distance).

LUKE 17:1 - 3

. . . offences will come . . .





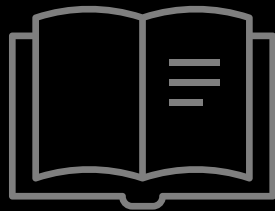
3

Integration & Post Trauma Growth

Focuses on developing a new sense of self and creating a new future.

ACTS 16 : 25

. . . Awaiting the Angel . . .



62-0506 Possessing All Things

I'm an heir of Divine healing. I'm an heir of joy, got a right to be happy. "So what makes you so happy?" I got a right to be. "How do you know?" Because I'm an heir to it. Amen! Whew! Now I feel religious. Yes. I'm an heir to the happiness. ...



62-0506 Possessing All Things

...I'm an heir to joy. I'm an heir to peace. I'm an heir to Eternal Life. I'm an heir to the Holy Spirit. ...



62-0506 Possessing All Things

... Amen. I'm an heir to every
evidence It's got. Amen. I'm an heir
to the authority of God. Amen.

“Who made you that?” Not me; He
did. Every one of you is an heir to
the same thing.



TRAUMA HEALING # 3

Steps to Healing

