

# TRAUMA HEALING

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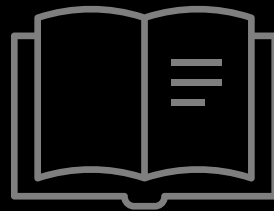
## **Diagnosing the Source**



Since we are not to be  
led by emotion,  
does God even  
care about our feelings?

# HEBREWS 4 : 12 - 16

. . . God's tender heart . . .



Why this series?

# 63-0317E The Breach Between The Seven Church Ages And The Seven Seals

That's the way in praying for the sick; until you can find the cause!

I know the cure, but I've got to find the cause.



# TRAUMA

A disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury.

# PHSYCHIC

Relating to the soul or mind.

“Issue of the heart”

# POTENTIAL TRAUMATIC EVENTS

- Bad decisions
- Violent accidents
- Animals
- Bad relationships
- Burn Out

Something someone  
did to you

- Violence
- Abuse
- Disrespect
- Bullying
- Bad parenting
- Absent parents



## 63-0801 A Paradox

Now the genes in the father and the mother of this boy, no matter how much they are converted, still remains the flesh that's been interbred out to this boy. ...



## 63-0801 A Paradox

... Therefore, the boy has got a complex in him, just like from his mother's family, and they are not forgiving, they will not apologize, and that's where that boy stands.



# 3 TYPES OF TRAUMA



## Acute

Single traumatic event

Results from  
experiencing or  
witnessing a highly  
stressful event

Ex: Car accident,  
natural disaster, violent  
incident, etc.



## Chronic

Repeated exposure to  
traumatic events

Ongoing traumatic  
experiences

Ex: domestic violence,  
abuse, war,  
community conflict,  
etc.



## Complex

Multiple traumatic  
events that may or  
may not be related

Common among  
individuals with  
childhood trauma

Ex: Childhood abuse or  
neglect, sexual assault,  
war, etc.

# TRAUMA PERSONALITY TYPES

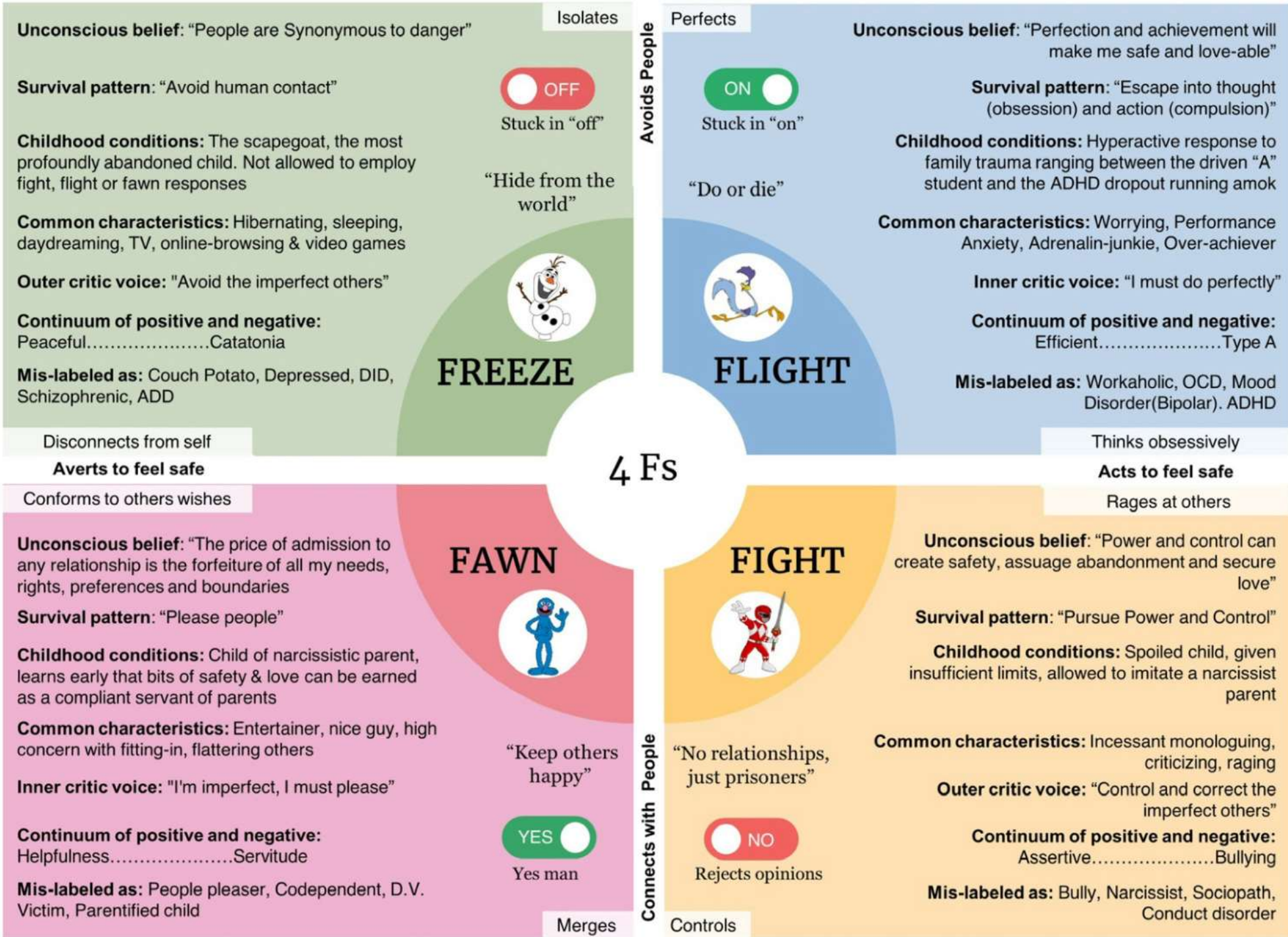
# TRAUMA PERSONALITY TYPES

Stuck with the stress  
switch turned on, or  
taught to live that way.

# 4 Fs – Traumatic Event Responses

- Fight
- Flight
- Fawn
- Freeze





**Unconscious belief:** "People are Synonymous to danger"

**Survival pattern:** "Avoid human contact"

**Childhood conditions:** The scapegoat, the most profoundly abandoned child. Not allowed to employ fight, flight or fawn responses

**Common characteristics:** Hibernating, sleeping, daydreaming, TV, online-browsing & video games

**Outer critic voice:** "Avoid the imperfect others"

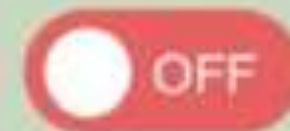
**Continuum of positive and negative:**  
Peaceful.....Catatonia

**Mis-labeled as:** Couch Potato, Depressed, DID, Schizophrenic, ADD

Disconnects from self

**Averts to feel safe**

Isolates



Stuck in "off"

"Hide from the world"



**FREEZE**

Avoids People

P

4 Fs



ates

ff"

the

Avoids People

Perfected



Stuck in "on"

"Do or die"



**FLIGHT**

**Unconscious belief:** "Perfection and achievement will make me safe and love-able"

**Survival pattern:** "Escape into thought (obsession) and action (compulsion)"

**Childhood conditions:** Hyperactive response to family trauma ranging between the driven "A" student and the ADHD dropout running amok

**Common characteristics:** Worrying, Performance Anxiety, Adrenalin-junkie, Over-achiever

**Inner critic voice:** "I must do perfectly"

**Continuum of positive and negative:**  
Efficient.....Type A

**Mis-labeled as:** Workaholic, OCD, Mood Disorder(Bipolar). ADHD

Thinks obsessively

**Acts to feel safe**

4 Fs

# 4 Fs

Acts to feel safe

Rages at others

## FIGHT



**Unconscious belief:** "Power and control can create safety, assuage abandonment and secure love"

**Survival pattern:** "Pursue Power and Control"

**Childhood conditions:** Spoiled child, given insufficient limits, allowed to imitate a narcissist parent

**Common characteristics:** Incessant monologuing, criticizing, raging

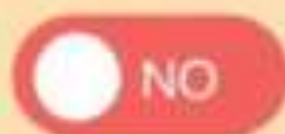
**Outer critic voice:** "Control and correct the imperfect others"

**Continuum of positive and negative:**  
Assertive.....Bullying

**Mis-labeled as:** Bully, Narcissist, Sociopath, Conduct disorder

Connects with People

"No relationships, just prisoners"



Rejects opinions

Controls



Disconnects from self

**Averts to feel safe**

Conforms to others wishes

**Unconscious belief:** "The price of admission to any relationship is the forfeiture of all my needs, rights, preferences and boundaries"

**Survival pattern:** "Please people"

**Childhood conditions:** Child of narcissistic parent, learns early that bits of safety & love can be earned as a compliant servant of parents

**Common characteristics:** Entertainer, nice guy, high concern with fitting-in, flattering others

**Inner critic voice:** "I'm imperfect, I must please"

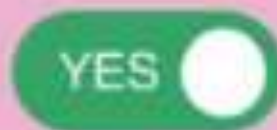
**Continuum of positive and negative:**  
Helpfulness.....Servitude

**Mis-labeled as:** People pleaser, Codependent, D.V. Victim, Parentified child

## FAWN



"Keep others happy"



Yes man

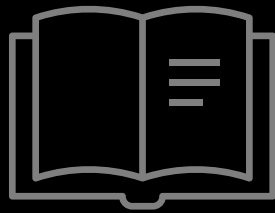
Merges

4 Fs

Connects with People

# HEBREWS 4:12

... How can we know? ...



# TRAUMA HEALING

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## **Diagnosing the Source**

