



Trauma

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Trauma

Have you ever been in a situation where something traumatic happened to you or around you?

Many who have gone through a traumatic experience are not in touch with how they have been affected, for months or even years...

Perhaps you have shared your heart with a friend who listened and cared, or with a counselor, or perhaps you have even sought help from a doctor who prescribed medications...

Have any of these helped, or have you just been able to cope a little better with some temporary relief?

Would you like healing from the pain of your traumatic experience and freedom from its debilitating effects?

This booklet is designed to help you face your traumatic experience and provide a practical and biblically based path to “process the issues of your heart” in relation to what happened to you or around you, so that you can experience total healing and true freedom.

You can be free!

Steve & Mindy Peterson
Fresh Start For All Nations

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PART 1: DISCOVERY

What Happened?

Your Traumatic Experience...

Have you ever been in a situation or event where something traumatic happened to you or around you?

On the opposite page, please circle any of the following descriptive words that apply to you.

Use the space below to write any additional words to describe your traumatic experience.

◆ **ADDITIONAL WORDS TO DESCRIBE YOUR TRAUMATIC EXPERIENCE:**

ILLNESSES

Life Threatening
Life Altering
Fatal
Chronic
Physical Pain

ACCIDENTS

Drowning
Near Drowning
Boating
Rafting
Plane
Train
Bus
Car
Bike
Motorcycle
Horse Riding
Three/Four Wheeler
Snow mobile
Skiing (water/snow)
Jet Ski
Sports related
Work related
Home

ABUSE

Physical
Emotional
Sexual
Verbal
Satanic Ritualistic
False Accusation

WAR

Bombing
Killing/Shooting
Chemical Warfare
Torture
Prisoner of War

VIOLENCE

Domestic Terrorism
Global Terrorism
Gang Violence
Murder
Shooting
Bombing
Stabbing
Rape
Home Invasion
Abduction
Taken Hostage
Suicide
Torture

NATURAL DISASTERS

Flood
Violent Storm
Cyclone
Hurricane
Tornado
Earthquake
Tsunami
Lightning Strike
Volcano Erupting
Fire

What Happened?

Explain in detail the specifics of your traumatic experience.

◆ *When did this happen?*

◆ *Where were you at the time?*

◆ *What were you doing?*

What Happened?

◆ *Was it expected or unexpected?*

◆ *What did you see, hear, smell, taste, touch?*

◆ *At what point did you realize that this was a serious situation?*

How were you affected?

Your Feelings...

Please circle any of the following descriptive words that capture your true feelings in relation to your traumatic experience...

| | | |
|-----------------------|--------------------|---------------------|
| <i>Shock</i> | <i>Nervous</i> | <i>Overwhelmed</i> |
| <i>Evil</i> | <i>Empty</i> | <i>Uncovered</i> |
| <i>Clingy</i> | <i>Haunted</i> | <i>Unsafe</i> |
| <i>Blindsided</i> | <i>Powerless</i> | <i>Depressed</i> |
| <i>Disbelief</i> | <i>Tense</i> | <i>Disconnected</i> |
| <i>Stunned</i> | <i>Anxious</i> | <i>Withdrawn</i> |
| <i>Exhausted</i> | <i>Numb</i> | <i>Insecure</i> |
| <i>Ambushed</i> | <i>Uncertain</i> | <i>Deceived</i> |
| <i>Betrayed</i> | <i>Worried</i> | <i>Grieved</i> |
| <i>Dazed</i> | <i>Isolated</i> | <i>Impatient</i> |
| <i>Victimized</i> | <i>Unprotected</i> | <i>Fearful</i> |
| <i>Out of control</i> | <i>Vulnerable</i> | <i>Unclean</i> |
| <i>Unforgiving</i> | <i>Shut Down</i> | <i>Despondent</i> |

Your Feelings...

| | | |
|---------------------|---------------------|-------------------------|
| <i>Wondering</i> | <i>Disappointed</i> | <i>Misunderstood</i> |
| <i>Worthless</i> | <i>Guilty</i> | <i>Apprehensive</i> |
| <i>Devastated</i> | <i>Bewildered</i> | <i>Unforgiving</i> |
| <i>Terrified</i> | <i>Distrust</i> | <i>Hollow</i> |
| <i>Confused</i> | <i>Seduced</i> | <i>Hurt</i> |
| <i>Hopeless</i> | <i>Angry</i> | <i>Manipulated</i> |
| <i>Violated</i> | <i>Wary</i> | <i>Intimidated</i> |
| <i>Ashamed</i> | <i>Horrified</i> | <i>Framed</i> |
| <i>Disoriented</i> | <i>Tricked</i> | <i>Slimed</i> |
| <i>Disheartened</i> | <i>Inadequate</i> | <i>Embarrassed</i> |
| <i>Traumatized</i> | <i>Dirty</i> | <i>Responsible</i> |
| <i>Stripped</i> | <i>Vengeful</i> | <i>Blamed</i> |
| <i>Abandoned</i> | <i>Immobilized</i> | <i>Caught off guard</i> |

◆ YOUR OWN WORDS:

How were you affected?

Your Thoughts...

- ◆ *What were your first thoughts in relation to your traumatic experience?*

- ◆ *How did your thoughts change as your experience unfolded?*

- ◆ *What have your ongoing thoughts been since your traumatic experience?*

How were you affected?

Your Thoughts...

Can you identify with any of the following?

- *“Others don’t really care.”*
 - *“I didn’t deserve to live.”*
 - *“Who can possibly understand what I have been through?”*
 - *“Why me?”*
 - *“My life is forever altered.”*
 - *“I feel like a ‘non-person’ or a nobody.”*
 - *“How do I go on from here?”*
 - *“Why did I survive?”*
 - *“If only...”*
- ◆ *If so, please explain...*

How were you affected?

Your Thoughts...

- ◆ *How has this experience changed your life?*

- ◆ *How do you believe it will affect your future?*

How were you affected?

Your Thoughts...

- ◆ *Are there any other ways you continue to be affected?*

Please list and describe.

How have you responded?

How has your ongoing response to your traumatic experience impacted the following?:

◆ *Your heart attitudes?*

◆ *Your self image?*

How have you responded?

Since your traumatic experience happened, have you decided that you will never again allow yourself to get into a situation or relationship where you feel powerless?

◆ *Please explain.*

What is the condition of your heart?

- ◆ *In one word, how would you describe the condition of your heart?*

- ◆ *Describe what is in your heart toward any person(s) in response to your traumatic experience.*

- ◆ *Describe what is in your heart toward God in response to your traumatic experience.*

What is the condition of your heart?

Can you identify with either of the following “Why” questions?:

“God, why did you let this happen to them/me?”

“God, why didn’t you protect them/me?”

- ◆ *Please explain, and also include any other “Why” questions directed toward God.*

What is the condition of your heart?

- ◆ *When you consider how your traumatic experience affected you and how you have responded, would you say that your relationship with Jesus Christ has been helped or hindered?*

Please explain.

What is the condition of your heart?

- ◆ *Describe what part Jesus Christ plays in your life as of today. Would you say that you have a personal relationship with Jesus Christ? What does He mean to you?*

Please describe.

PART 2: APPLICATION

What's Next?

Do you want healing from the pain of your traumatic experience, and freedom from its debilitating effects?

"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God..."

Psalm 42:5 (NIV)

*If you have made an "inner vow" to **never** allow yourself to get into a situation or relationship where you feel powerless or "out of control", **repent** of making that vow.*

*In fact, **renounce** it, and **entrust** your entire life to Jesus Christ and His Lordship.*

*Put your **hope, trust, and confidence** in the One who is in control!*

Turn from putting your hope in people, places, and things, and instead put your hope in Jesus Christ.

Then your healing process and new freedom experience will begin!

What's Next?

If you have never repented of running your life and given the “keys of your life” to Jesus Christ, the following will help you “Step Up To Life” and experience:

The “Ultimate Fresh Start For Your Heart!”

Do you hope to go to heaven when you die?

The Bible says that if you have kept God's commandments -100% - in thought, word and deed, then you can go to heaven by your good life. (***Matthew 19:17-26***).

However, ***James 2:10*** says that if you break just one commandment once, you have failed.

Then how can I be saved?

Jesus said, “But unless you repent, you too will all perish.” ***Luke 13:3 (NIV)***

Repentance is a choice to turn from all your sins and running your own life.

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.” ***II Corinthians 7:10 (NIV)***

What's Next?

Are you prepared to make a commitment of all you are and all you have to the total rule of the Lord Jesus Christ?

Since Christ is God - and paid for your sins on the cross, He deserves your love and devotion more than your job, family, finances, career, and even your life itself. When you surrender completely in this Way, God will put His Spirit in you and you will be born into God's family. He is now your Lord and can make any changes in your life He wants - anywhere, any time. It is the most fulfilling personal relationship you'll ever have.

If you want to be saved now...

Confess your sins.

Call them by name - pride, unforgiveness, greed, etc.

Tell God you are repenting-

turning from all your sins and the root of your sins - selfishness.

Tell God you are giving yourself to Him as your Lord and Savior. Thank Him for His forgiveness and His new life within you.

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Pour Out Your Heart

Pour out your heart to the Lord

“Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge.”

Psalm 62:8 (NIV)

“I cry aloud to the Lord; I lift up my voice to the Lord for mercy.

I pour out my complaint before Him; before Him I tell my trouble.”

Psalm 142:1-2 (NIV)

- ◆ ***Pour out your heart to the Lord. Tell Jesus all about your traumatic experience. Express your thoughts and feelings to Him.***

Pour Out Your Heart

“About the ninth hour Jesus cried out in a loud voice, ‘Eloi, Eloi lama sabachthani?’ - which means, ‘My God, my God, why have you forsaken me?’”

Matthew 27:46 (NIV)

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

John 16:33 (NIV)

- ◆ ***Express your “Why Questions” (see Page 19) to the Lord.***

Pour Out Your Heart

- ◆ *Express how your traumatic experience has continued to affect you.*

Pour Out Your Heart

Express your desires to the Lord...

- ◆ *Your unmet desires, what you are upset about, or wish could have happened (or would not have happened).*

- ◆ *Your current desires.*

Give Thanks

Give thanks to the Lord

“...give thanks in all circumstances for this is God’s will for you in Christ Jesus.”

I Thessalonians 5:18 (NIV)

“...always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”

Ephesians 5:20 (NIV)

“Offer to God a sacrifice of thanksgiving, and pay your vows to the Most High; and call upon me in the day of trouble; I shall rescue you, and you will honor me... He who offers a sacrifice of thanksgiving honors me; and to him who orders his way aright I shall show the salvation of God.”

Psalms 50:14-15, 23 (NASB)

“I will sacrifice a thank offering to you and call on the name of the Lord.”

Psalms 116:17 (NIV)

“And we know that in all things God works for the good of those who love Him; who have been called according to His purpose. For those God foreknew He also predestined to be conformed to the likeness of His Son, that he might be the firstborn among many brothers.”

Romans 8:28-29 (NIV)

Give Thanks

◆ *Tell the Lord that you are giving thanks for your traumatic experience and all of the circumstances and effects that have resulted from it, and that you are willing to accept **however He wants to use it in your life for His purposes, for your good, and for His glory.***

◆ **Write out your prayer of giving thanks.**

“Lord, I choose to give thanks for...”

Forgiveness

As you continue to process your traumatic experience, you may realize the need to forgive someone who was, in some way, involved with your experience.

(If this does not apply to you, please feel free to go to the “Cleansing” part of your healing process on Page 36.)

◆ **Is there someone who hurt, wronged, offended, or in some way negatively affected you in relation to your traumatic experience?**

Forgiveness

Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.

*“Therefore the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand talents was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. The servant fell on his knees before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’ **The servant’s master took pity on him, CANCELED THE DEBT and let him go.***

*But when that servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him. **‘Pay back what you owe me!’** he demanded. His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay you back.’ But he refused.*

Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened. Then the master called the servant in. ‘You wicked servant,’ he said, ‘I cancelled all the debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’

*In anger his master turned him over to the jailers to be **tortured**, until he should pay back all he owed. “This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.”*

Matthew 18:21-35 (NIV) (emphasis mine)

Forgiveness

- ◆ **Can you identify with any of the following “torturers”?:**
(re-read Matthew 18:21-35 on the previous page)
 - Depression?
 - Anxiety?
 - Outbursts of anger/rage?
 - Suicidal thoughts?
 - Addictions: drugs, alcohol, sex, other?
 - Bitterness?
 - Shame?
 - Self-hatred?

- ◆ **Express your confession of unforgiveness (“pay back what you owe me”) to the Lord along with related wrong attitudes and/or responses.**

- ◆ **Choose to forgive the person(s) who has hurt, wronged, offended, or in some way negatively affected you.**

CANCEL THE DEBT!

Forgiveness

If **unforgiveness** is characterized by the attitude: “pay me what you owe me”, then **forgiving** the other person would be expressed by the attitude:

“You owe me nothing for my sake, because Jesus Christ is sufficient for me and totally satisfies me.”

So, some key questions at this point would be:

Does anyone owe you anything for your sake or satisfaction?

Does anyone owe you what’s **right** or **just** or **fair**?...

Does anyone owe you anything?

Forgive:

- ◆ “Cancel the debt” (what the other person owes you), and make Jesus Christ, your love for Him, and the closeness of your relationship with Him more important than anyone else, and what you want from them, and/or what you think they owe you.

- ◆ Express to the Lord **your decision to forgive** the person(s) who has hurt, wronged, offended, or in some way negatively affected you in relation to your traumatic experience.

Cleansing

After you have poured out your heart to the Lord (exhaled), given thanks unto the Lord (inhaled), and forgiven (cancelled the debt); the next part of your healing process is the cleansing of your heart, a spiritual cleansing from the contaminating and “sliming” affects of your traumatic experience.

Regarding guilt or shame - agree with God!

Real Guilt is...

The guilt you feel due to your own failure, wrong, or sin.

False Guilt/Shame is...

The counterfeit guilt you feel when imprinted by the wrongful words, actions, and attitudes of someone - which have been directed toward you, or others around you.

The counterfeit guilt you feel due to feeling powerless to change a particular outcome.

The counterfeit guilt you feel when you take on responsibility that is not yours.

Cleansing

Becoming cleansed from guilt

- ◆ **Take full responsibility for any part you played in contributing to your traumatic experience and/or your response to it.**

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9 (NIV)

Becoming cleansed from **False Guilt/Shame**

- ◆ **“Agree with God” regarding the responsibility of the guilty person (the offender) - the wrong he/she did to you and/or others, or how he/she, in some way, failed you and/or others.**

“...Don’t force me...don’t do this wicked thing. What about me? Where could I get rid of my disgrace...?” 2 Samuel 13:12-13 (NIV)

Remember...

- **His/her guilt is not your guilt**
- **His/her shame is not your shame**
- **His/her responsibility is not your responsibility**

Cleansing

Prayer

- ◆ Express to the Lord your prayer of **confession** and **repentance** regarding any responsibility that you have and **agree** with God as to the responsibility of **others**.

- ◆ Ask the Lord in prayer to cleanse you by His Holy Spirit from any lingering contaminating or “sliming” affects of your traumatic experience, and from any feelings of guilt for being powerless to change a particular outcome.

- ◆ Pray James 4:7

*“Submit yourselves, then to God.
Resist the devil and he will flee from you.”*

James 4:7 (NIV)

- ◆ Conclude your prayer by praying:

“Shame off me, in Jesus Name!”

**“Submit to God.
Resist the devil and
he will flee from you!”**

Release

Release to your Heavenly Father your traumatic experience, with all of its contaminating and sliming affects, along with any person involved who was an offender or in some way harmed you and/or others.

“Cast your cares on the Lord and He will sustain you; he will never let the righteous fall. But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in you.”

Psalm 55:22-23 (NIV)

“Cast all your anxiety on Him because He cares for you.”

1 Peter 5-7 (NIV)

“Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay.’ says the Lord. On the contrary, ‘If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.’ Do not be overcome by evil, but overcome evil with good.”

Romans 12:17-21 (NIV)

Release

Entrust your traumatic experience to the Lord along with any person who has offended or harmed you and/or others in any way.

◆ Write your prayer of what and/or who you are now entrusting to the Lord.

Pray for the person(s) who in some way offended or harmed you and/or others.

“...Love your enemies and pray for those who persecute you...”

Matthew 5:43-45 (NIV)

“Jesus said, ‘Father, forgive them, for they do not know what they are doing.’”

Luke 23:34 (NIV)

Your New Song...

*May the words of Psalm 40:1-3 become your
new song, your new prayer,
and your new freedom!*

*“I waited patiently for the Lord
He turned to me and heard my cry
He lifted me out of the slimy pit,
Out of the mud and mire
He set my feet on a rock
And gave me a firm place to stand.
He put a new song in my mouth
A hymn of praise to our God.
Many will see and fear
And put their trust in the Lord.”*

Psalm 40:1-3 (NIV)



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*“Providing The Opportunity
For A Fresh Start, For Every Heart,
In Every Nation!”*