

# Core Healing from Trauma

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Everyone has experienced some form of trauma—from the taunting of kids on a school playground to the betrayal of a friend, natural disasters, or the loss of a loved one. Trauma can be from physical, mental, or emotional wounds, and its impact is sometimes fueled by events we don't remember. Often memories of trauma are stored in “fragments,” making it impossible to fully recall what happened. While some traumatic events are life-threatening, others are emotionally overwhelming and mentally inexplicable.

Are any of these possible results of trauma impacting your daily life?

- Depression and/or Anxiety
- Shame
- Reexperiencing the trauma in your mind, emotions, or body
- Anger
- Sleeplessness and/or Nightmares (intrusive dreams)
- Hypervigilance
- Dissociative flashbacks
- Hopelessness
- An inability to trust anyone—including God

The good news is that you don't have to be defined by traumatic stress for the rest of your life! Current research indicates that even people diagnosed with PTSD (posttraumatic stress disorder) and PTS (posttraumatic stress) can grow beyond trauma to experience full and meaningful lives. You can change the trajectory of the rest of your life by learning to live in God's strength, peace, and hope now. This practical workbook can help you fall in love with God and actually experience His “peace that passes understanding,” being restored to a full and meaningful life—regardless of what kind of trauma you've experienced!

Today, as you begin to understand what happens in your mind and body following trauma—you can also begin managing your response to it. In as little as 1/12 of a second, any of your five senses can activate trauma memories stored in your brain's amygdala, taking you into a debilitating reaction known as the 5Fs: Fight, Flight, Freeze, Fornicate, or Feed. As quickly as you move into that almost-automatic trauma response, you can choose to move out of it by *grounding* your mind and body.

**Four types of grounding** can be repeated as often as needed, sometimes hundreds of times per day:

1. **Mental** (something you do with your mind, such as a math problem or observing where you are)
2. **Emotional** (talking to yourself calmly and with kindness)
3. **Physical** (diaphragmatic breathing, walking, etc.)
4. **Spiritual** (applying God's Word to specific concerns). “The very weapons we use are not those of human warfare but powerful in God's warfare for the destruction of the enemy's strongholds. Our battle is to bring down every deceptive fantasy and every imposing defence that men erect against the true knowledge of God. We even fight to capture every thought until it acknowledges the authority of Christ” (2 Corinthians 10: 4, 5, Phillips).

*Core Healing from Trauma* is designed to help people *heal*, integrating evidence-based counseling methods with God's Word—the Truth that can set you free. For trauma survivors who either can't afford or don't wish to go to counseling, this workbook is designed for self-study, to work through at your own pace. Professional counselors can include it as part of their counseling process, and churches can use it in group studies. The workbook is available on Amazon at <https://amzn.to/2RLrgD1>.