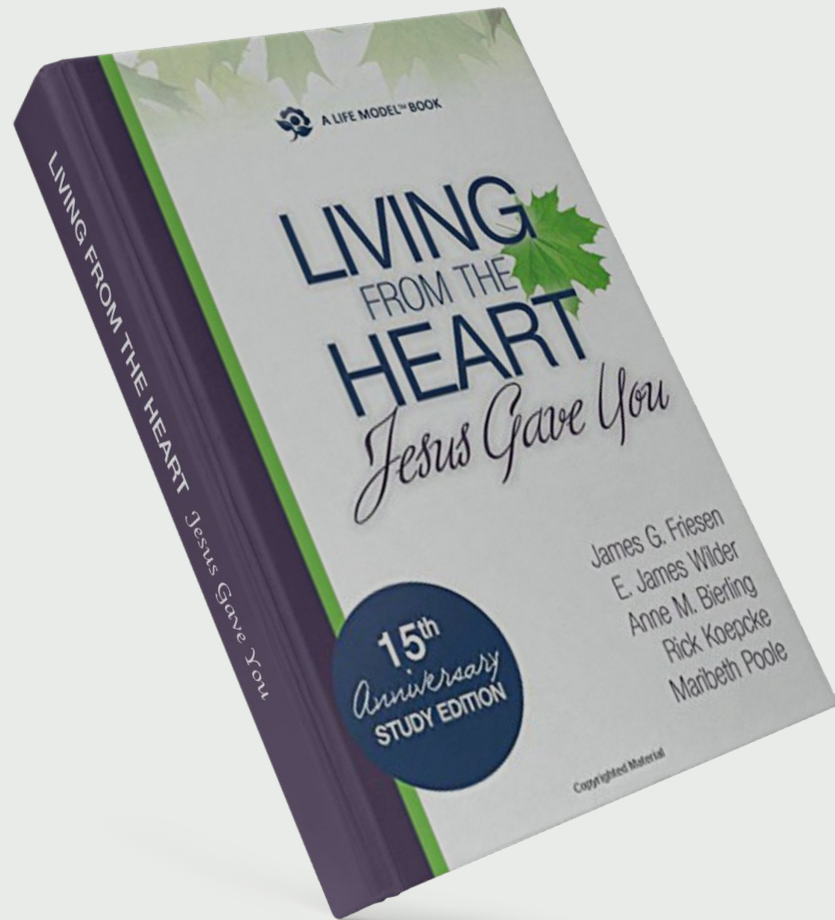


LFTHJGY

RECOVERY(2)





Do you believe embracing the pain from past trauma is needed for healing? Why or why not?

WHAT IS TRAUMA?

An event or experience that overwhelms Emotional and Relational Capacity to process the experience.

RELATIONAL CAPACITY

Our ability to continue
interacting with God and
others under difficult
circumstances.

EMOTIONAL CAPACITY

Our ability to process the emotions we feel under difficult circumstances.

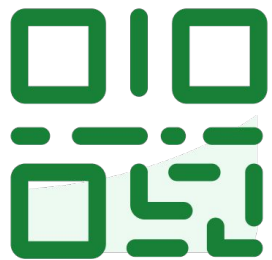
TYPES OF TRAUMA

Type A traumas: **absence of good things** we should receive to give us emotional stability.

Absences create difficulties in relationships; prevent growth of strong emotional & relational capacity.

Type B traumas: **bad things**, create fractures of the mind, especially if bad events have left unresolved feelings or thoughts. Overwhelm E&R capacity , causing shut down and survival mode - the person cannot get back to Joy.

Do not edit
How to change the design



Join at slido.com
#3930797



Presenting with animations, GIFs or speaker notes? Enable our [Chrome extension](#)

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Identify all the Type A Traumas



Understanding Trauma

Type A Trauma – Absence of Good:

Lack of nurturing or emotional warmth in childhood

Absence of secure attachment to caregivers

No comforting physical touch or affirmation

Emotional neglect

Being left alone in fear or pain with no comfort

Not being delighted in or celebrated

Poor modeling of relational skills (joy, attunement)

➡ Impact: Individuals may struggle with emotional regulation, intimacy, trust, and experience a gap in their relational capacity.

Type B Trauma – Presence of Bad:

Physical or sexual abuse

Being yelled at or threatened frequently

Witnessing violence or disasters

Chronic bullying or humiliation

Abandonment by a parent

Sudden loss of a loved one (especially without support)

Severe medical trauma or invasive procedures without relational support

➡ Impact: hypervigilance, flashbacks, emotional volatility, and distorted self-image.

I can synchronize with others—attuning to their feelings and needs while also expressing mine.	1
I have bonded with peers. Together, we effectively use our collective power, seek truth, and enjoy close relationships.	2
I can remain stable & relational in difficult situations and return myself & others to joy.	3
I protect my personal and group identity when boundaries are violated.	4
I take responsibility for my actions & protect others from my power when necessary. I use my personal power well to bless myself and others and can integrate my sexual and spiritual parts.	5
My personality is integrated (not compartmentalized) and I remain the same person when in different roles and when under duress. I can embrace my pain, passion, and talents into one life giving identity.	6
I live in a way that expresses my heart while also affirming the unique identities of others.	7

Which adult maturity identifiers are likely to be rooted in Type A & B traumas, and why?

Family addiction &
genetics

**FAMILY
DYSFUNCTION**

Rigid authoritarian
parenting
(inauthenticity)

**UNRELENTING STANDARDS
APPROVAL SEEKING**

Connections between Traumas and Maladaptive Schemas

Sexual abuse; other
abuse & neglect

**DEFECTIVENESS
& SHAME + →**

Early attachment
Issues

**ABANDONMENT
SOCIAL ISOLATION
EMOTIONAL INHIBITION
EMOTIONAL DEPRIVATION**

Link between Maladaptive Schema Domains and Attachment Issues

Domain I: Disconnection & Rejection

1. Abandonment

2. Mistrust/Abuse

3. Emotional
Deprivation

4. Defectiveness/
Shame

5. Social Isolation

Domain V: Overvigilance & Inhibition

15. Negativity/
Pessimism

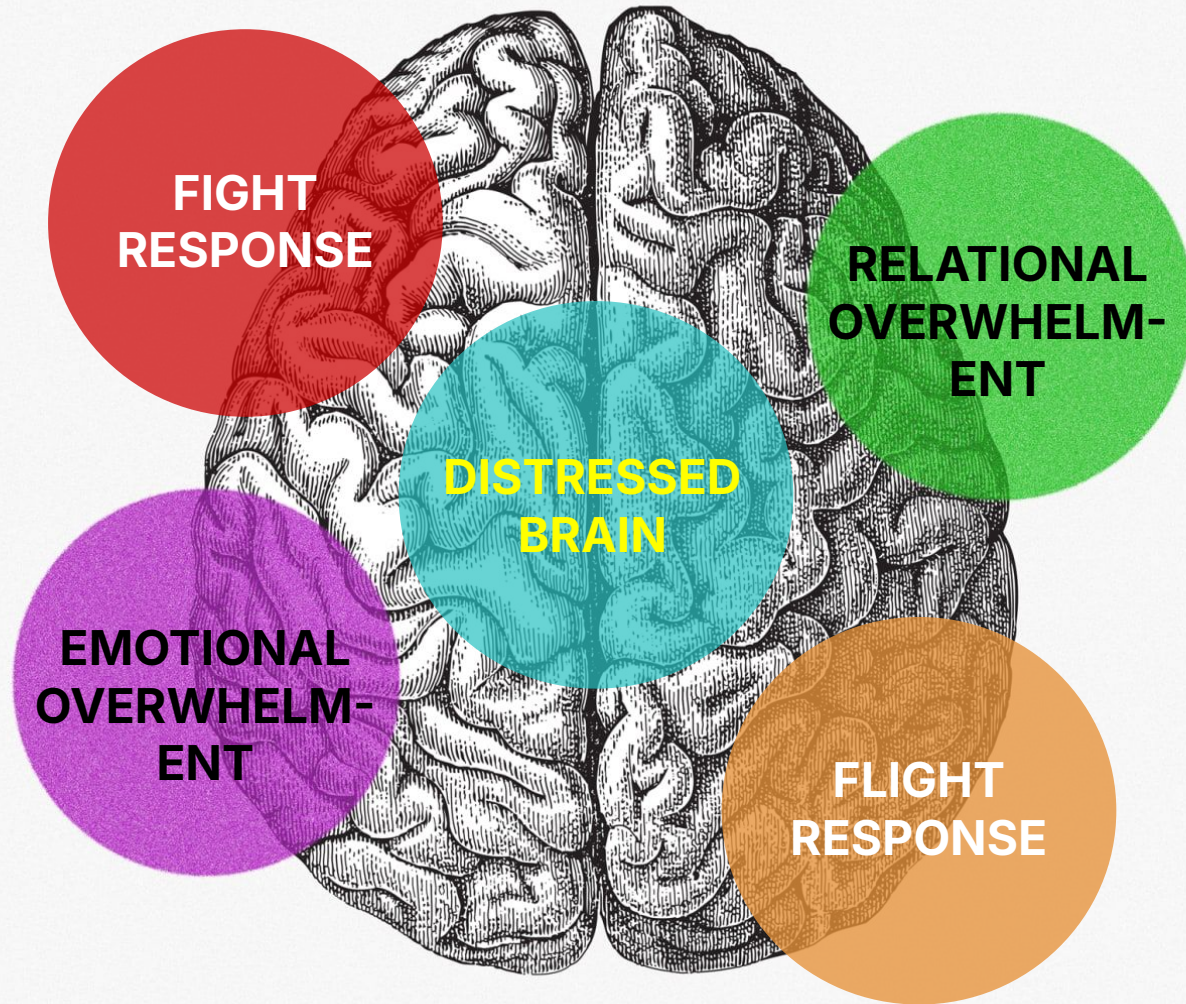
16. Emotional
Inhibition

17. Unrelenting
Standards

18. Punitiveness

Other-Directedness

14. Approval/
Recognition-Seeking



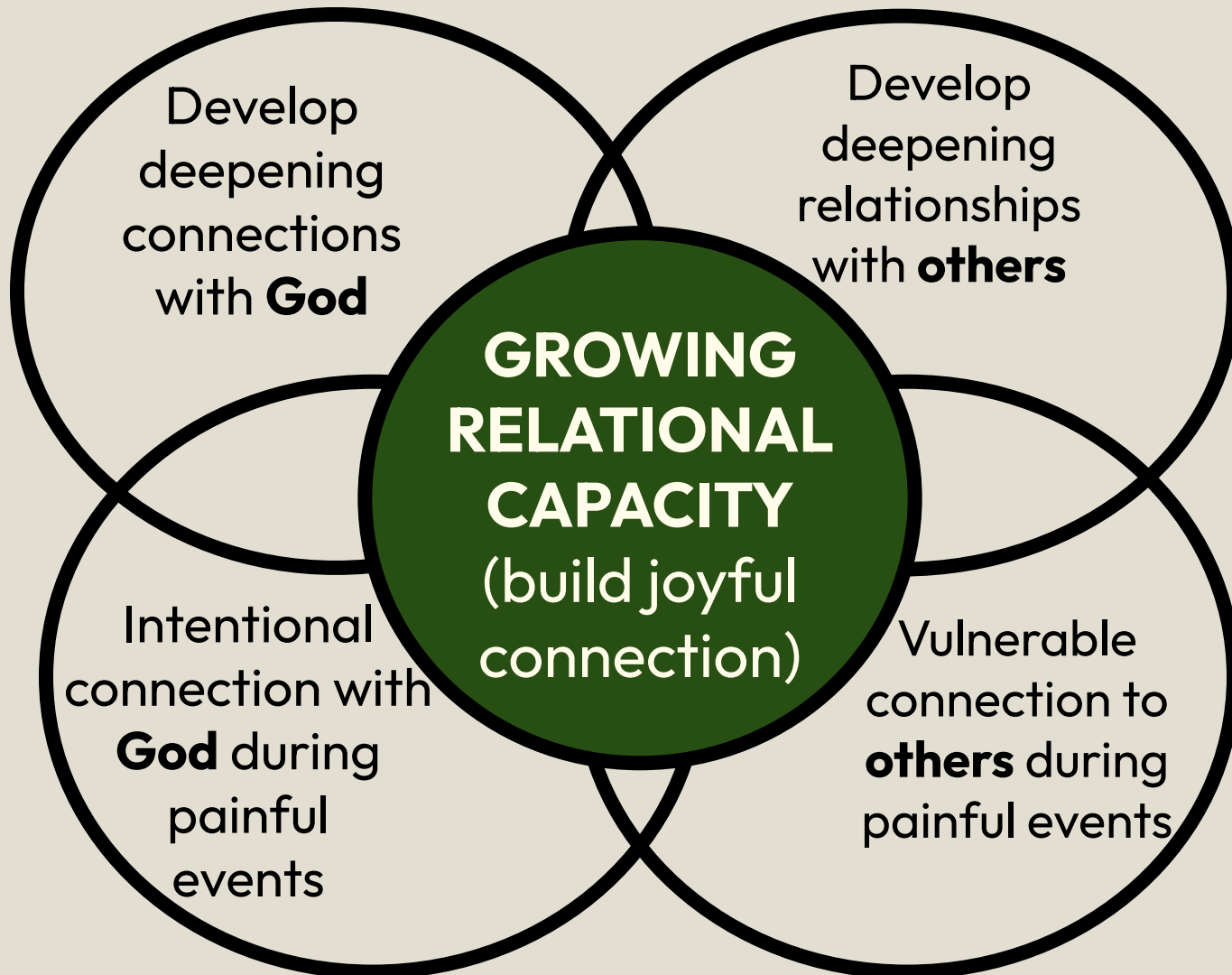
RECOVERY

Trauma recovery starts with
growth in Emotional and
Relational CAPACITY



We must know how to
transform bad experiences into
assets. We call this resilience.

Patrick Carnes



Search me, O God, and
know my heart;
test me and know my
concerns.

See if there is any
offensive way (pain) in me;
lead me in the way
everlasting.

TALK TO GOD
Psalms 139:23-24

TALK TO OTHERS
Hebrews 3:12-13

See to it, brothers and sisters,
that none of you has a sinful
unbelieving heart that turns
away from the living God. But
encourage one another daily,
as long as it is called today,
so that none of you may be
hardened by sin's
deceitfulness.

45 Days of Spiritual Renewal



**“So called ‘Bad’
emotions are our
friends if we learn to
engage with them in the
right way.”**

LONELINESS

ANGER

ANXIETY

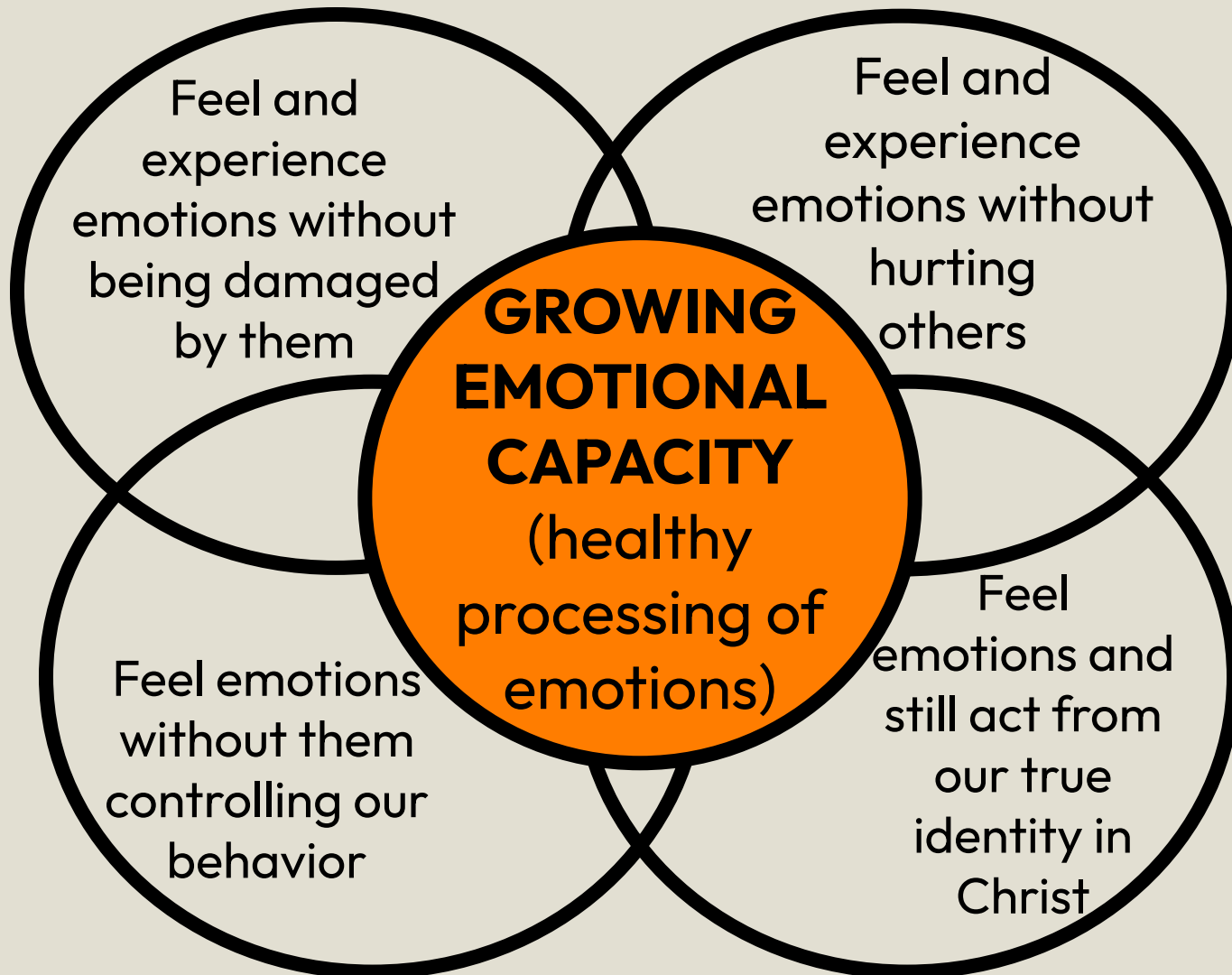
GUILT

SHAME

**DEPRESSION/
SADNESS**

FEAR

**SELF PITY/
REJECTION**



Christ Centered Trauma Recovery



Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

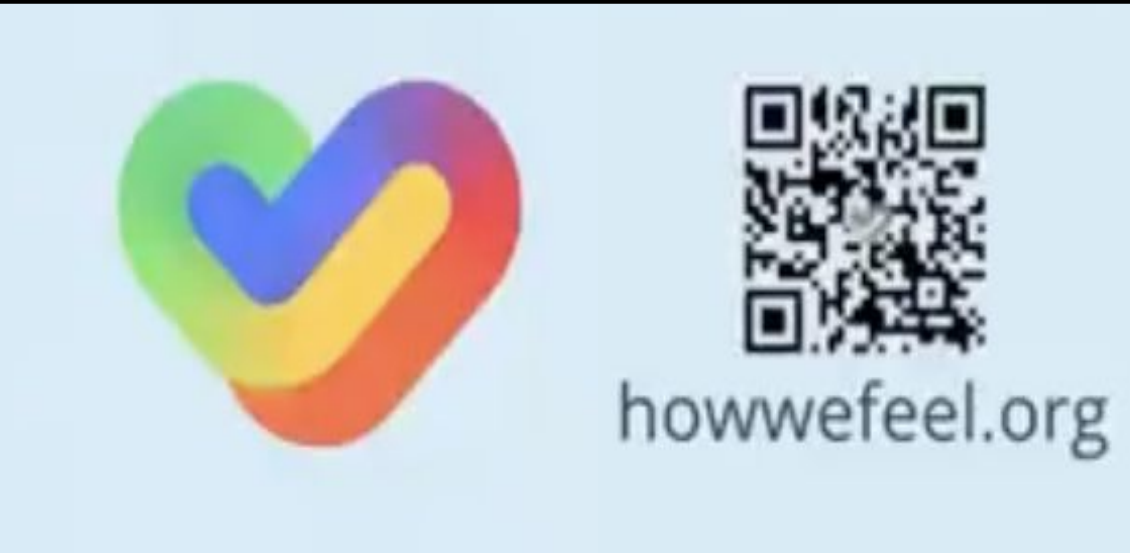
Matthew 11:28-30

HEBREWS 4:14-15

Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold firmly to what we profess. For we do not have a high priest who is unable to **sympathize with our weaknesses**, but we have one who was tempted in every way that we are, yet was without sin. Let us then **approach the throne of grace with confidence**, so that we may **receive mercy and find grace to help us in our time of need**.

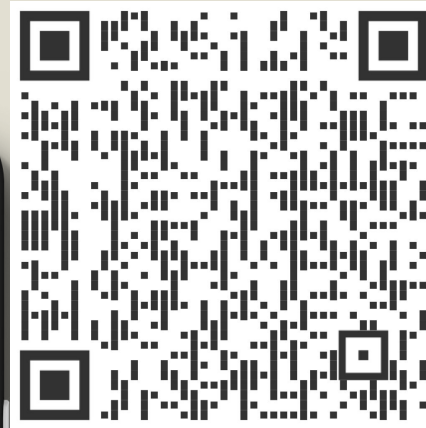
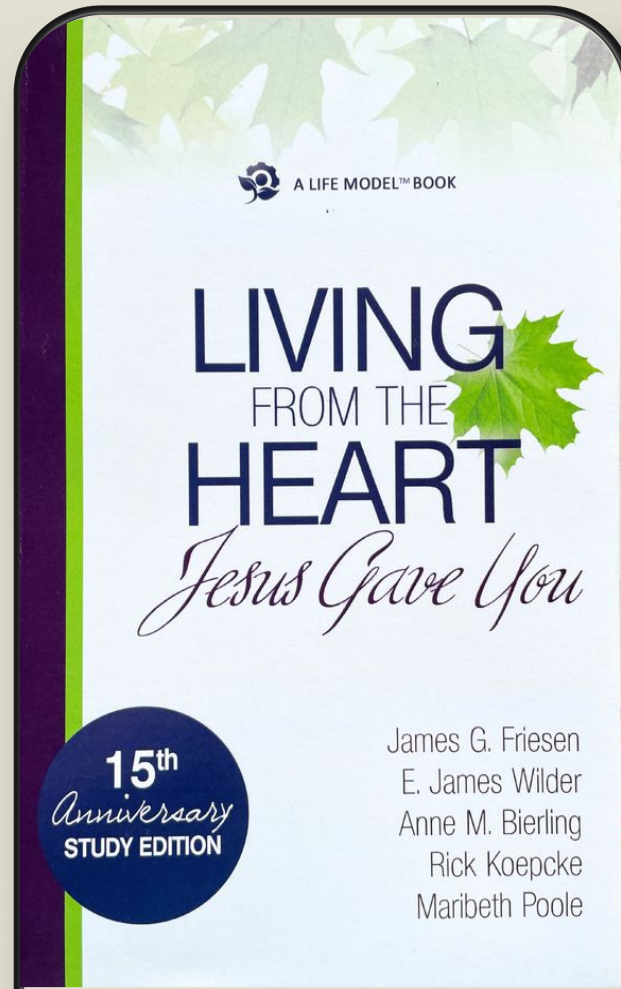
HEBREWS 5:7-9

During the days of Jesus' earthly life, He offered up prayers and petitions with loud cries and tears to the One who could save Him from death, and He was heard because of His reverence. Although He was a Son, He learned obedience from what He suffered. And having been made perfect, He became the source of eternal salvation to all who obey Him



Homework

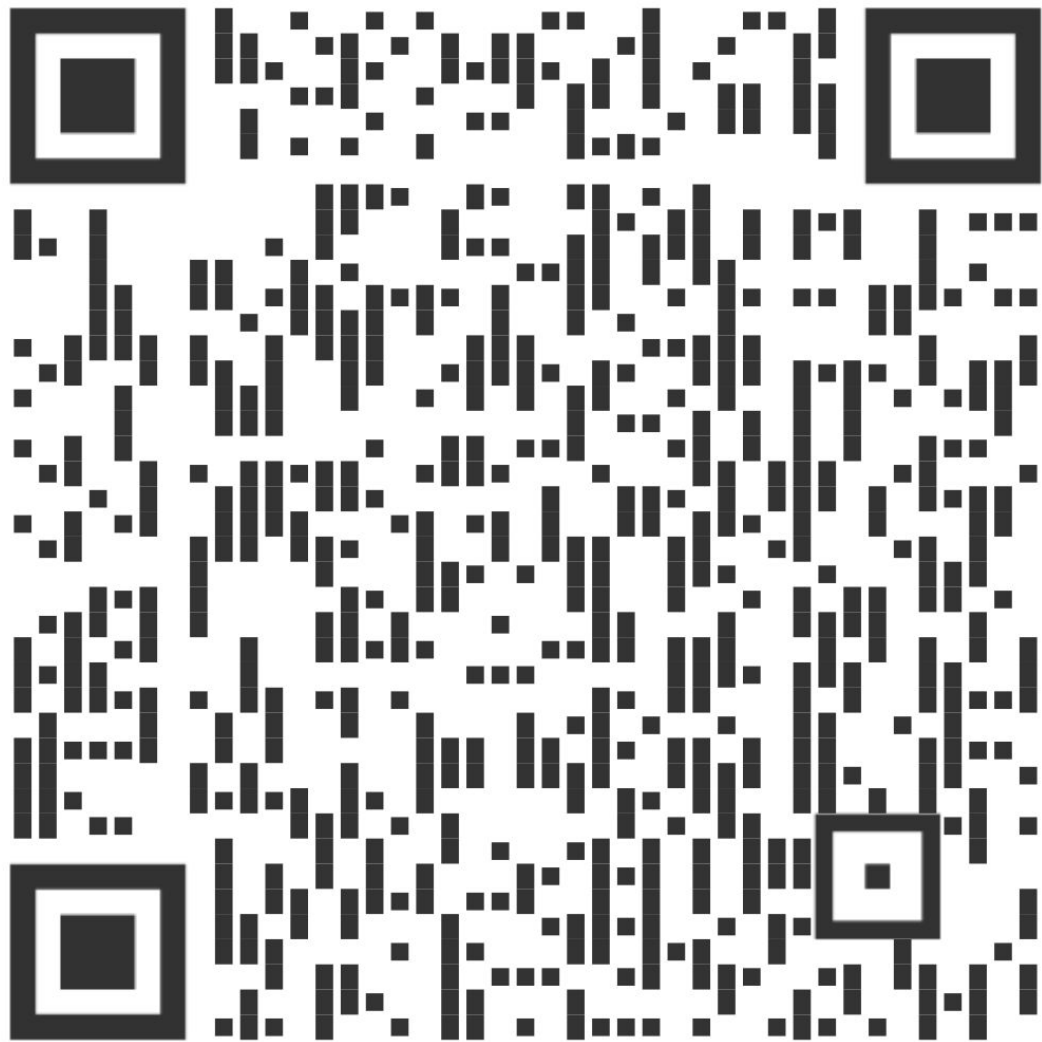
- Meet in **Connect Groups** (three people)
 - Share your **Schemas** and **Personalized Trauma Inventory***
 - Identity difficult emotions
 - **Pray** with and for each other



Read
BELONGING

pages
109-127

QS



PRAY - Lord...

1. Help me draw closer to you
 2. Help me develop deeper relationships
 3. Help me process my emotions in a healthy way
-

SCHEMA TEST for MIDWEEK

In just 30 minutes, and completely for free, you're able to uncover all of the limiting beliefs you've been carrying with you since early childhood! With thanks to Dr Jeffrey Young for the wonderful work!

[Start Quiz](#)

