



## Coaching Tool:

The Trauma That Broke The Camel's Back

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| Every trauma trigger is an opportunity to find deeper healing in Christ | Vs. | Every trauma trigger proves I'm defective and unlovable. |
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## Examples Of What The Enemy Wants You To Think:

- I am a lost cause, no one will ever love me
- This just proves I'm actually insane
- There's something wrong with who I am because I overreact
- My situation is hopeless
- There's no point in living because of this
- This problem or situation has completely destroyed my life
- Others can handle this fine, I must be defective
- It's everyone else's fault, I'll always be a victim

## God's Truth Says:

### 1) Victims need extra compassion and support

- a. The enemy wants victims & supporters to be frustrated by confusion & drama.
- b. Victims may need extra help seeing the way out of the hopelessness and depth of damage triggered by a trauma
- c. Complex trauma makes each damaging situation feel exponentially more destructive
- d. LOVE rather than judge or criticize—even when it's yourself you're evaluating
- e. Blaming and shaming never brings healing
- f. "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." – Galatians 6:9

### 2) Victims need deeper healing than the latest trauma

- a. Old wounds are exacerbating current hurts. Overreacting to a current situation usually means there is deeper hurt that hasn't healed. For



example, slapping an open wound hurts a LOT more than slapping a healthy area.

- b. Victims feel the old hurt plus the new hurt simultaneously. Extra prayer, kindness, love and support will help the victim find hope sooner
- c. PTSD may trigger age & maturity discrepancy. If an adult situation triggers a trauma response, the victim may regress to the maturity level at which the first trauma in this area actually occurred. For example, a sexual attack on a 35 year old woman may trigger her to the 8 year old she was the first time she was molested.
- d. Look for ways to add safety, love and support to help the trauma victim find hope and healing. Rather than pointing out the brokenness, encourage them by telling them that they're not alone. Show love first and foremost.
- e. "Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none." – Psalm 69:20

### **3) Victims may need professional help**

- a. The kinds of help that are available are counseling, Celebrate Recovery, other recovery programs, support groups, coaching, or medical professionals
- b. Consider a trauma response as an opportunity to get help for underlying issues. Ask God to direct you in to a safe, effective option to begin processing previous damage.
- c. Not every option will be the right one for you. You may need to try different options before finding a good fit for you to be safe in processing your deepest hurts. No matter what, don't give up. Run to Christ for hope and healing rather than running away from the pain or feeling hopeless.
- d. "For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ." – 2 Corinthians 1:5

### **Listen To This Song:**

Just Be Held – Casting Crowns



### **Questions To Help You Process This Concept:**

1. Have you ever felt like you way overreacted to a tough situation? Do you know why?
  
2. Have you ever judged someone (or yourself) for overreacting to a problem? If so, when? Can you think of a more compassionate way to have handled that situation?
  
3. Have you ever asked for professional help? Why or why not? Have you felt there was a stigma around asking for help?
  
4. Does asking for help make you feel like a failure? Do you think that “good Christians” should be strong enough to handle problems on their own? Do you feel like prayer should always be enough?



5. Is there an area in your life that you should consider asking for help? If so, what is it?

### **Exercise 1:**

1. Do you know someone who overreacts to problems? Write their name down on a sheet of paper.
2. Ask God to help you see their situation from His perspective of love.
3. Make a list of ways you could show love and compassion to them.
4. Plan a time to actually follow through on something(s) from this list.

### **Exercise 2:**

1. Write your name on another sheet of paper
2. Ask God to help you see your own situation from His perspective of love.
3. Make a list of ways you could show love and compassion to yourself.
4. Plan a time to actually follow through on what you've written down.