

**BEAT THE  
RACE**

# 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***

# Contents

## **Discovery**

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WHAT HAPPENED?	1
HOW WERE YOU AFFECTED?	5
HOW HAVE YOU RESPONDED?	11

## **Application**

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POUR OUT YOUR HEART	15
WHAT'S NEXT?	19
THE ULTIMATE FRESH START	21
FORGIVENESS	23
CLEANSING	27
RELEASE	31

# **DISCOVERY**

## **What Happened?**

### **Your Traumatic Experience...**

On the opposite page, please circle any of the 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*

## **Other**

*Death (of another)*  
*Near Death Experience*  
*Loss of Someone/Something*  
*Divorce*

...

# *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?***







# *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...

***Can you identify with any of the following?  
If so, please explain.***

◆ ***Memory Loss?***

◆ ***Difficulty in concentrating?***

◆ ***Physical symptoms such as headaches,  
stomach stress, other?***

# *How Were You Affected?*

## Your Thoughts...

- ◆ *Has your traumatic experience affected your sleep? How? Nightmares? Insomnia? Or do you feel like sleeping “all the time”?*
- ◆ *Are there sights, sounds, or smells that trigger certain thoughts, emotions or flashbacks?*

*Please explain.*

- ◆ *How has this experience changed your life?*
- ◆ *How do you believe it will affect your future?*

# *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...***

<b><i>Shock</i></b>	<b><i>Nervous</i></b>	<b><i>Overwhelmed</i></b>
<b><i>Evil</i></b>	<b><i>Empty</i></b>	<b><i>Uncovered</i></b>
<b><i>Clingy</i></b>	<b><i>Haunted</i></b>	<b><i>Unsafe</i></b>
<b><i>Blindsided</i></b>	<b><i>Powerless</i></b>	<b><i>Depressed</i></b>
<b><i>Disbelief</i></b>	<b><i>Tense</i></b>	<b><i>Disconnected</i></b>
<b><i>Stunned</i></b>	<b><i>Anxious</i></b>	<b><i>Withdrawn</i></b>
<b><i>Exhausted</i></b>	<b><i>Numb</i></b>	<b><i>Insecure</i></b>
<b><i>Ambushed</i></b>	<b><i>Uncertain</i></b>	<b><i>Deceived</i></b>
<b><i>Betrayed</i></b>	<b><i>Worried</i></b>	<b><i>Grieved</i></b>
<b><i>Dazed</i></b>	<b><i>Isolated</i></b>	<b><i>Impatient</i></b>
<b><i>Victimized</i></b>	<b><i>Unprotected</i></b>	<b><i>Fearful</i></b>
<b><i>Out of control</i></b>	<b><i>Vulnerable</i></b>	<b><i>Unclean</i></b>
<b><i>Unforgiving</i></b>	<b><i>Shut Down</i></b>	<b><i>Despondent</i></b>
<b><i>Wondering</i></b>	<b><i>Disappointed</i></b>	<b><i>Misunderstood</i></b>
<b><i>Worthless</i></b>	<b><i>Guilty</i></b>	<b><i>Apprehensive</i></b>
<b><i>Devastated</i></b>	<b><i>Bewildered</i></b>	<b><i>Unforgiving</i></b>
<b><i>Terrified</i></b>	<b><i>Distrust</i></b>	<b><i>Hollow</i></b>

# Your Feelings...

*Confused*

*Seduced*

*Hurt*

*Hopeless*

*Angry*

*Manipulated*

*Violated*

*Wary*

*Intimidated*

*Ashamed*

*Horrified*

*Framed*

*Disoriented*

*Tricked*

*Slimed*

*Disheartened*

*Inadequate*

*Embarrassed*

*Traumatized*

*Dirty*

*Responsible*

*Stripped*

*Vengeful*

*Blamed*

*Abandoned*

*Immobilized*

*Caught off guard*

## ◆ **ADDITIONAL WORDS:**

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

◆ ***Please list and describe.***

# *How Have You Responded?*

**What was your initial response to your traumatic experience?**

◆ ***What did you do?***

◆ ***What did you say?***

◆ ***What did you decide?***

# *How Have You Responded?*

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

- ◆ ***Your outlook on life?***
  
- ◆ ***Your heart attitudes?***
  
- ◆ ***Your behaviors?***
  
- ◆ ***Your thoughts and feelings toward others?***
  
- ◆ ***Your self image?***
  
- ◆ ***Your beliefs?***



# *How Have You Responded?*

***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.***

# *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.***

***When you consider how your traumatic experience has affected you and how you have responded, would you say that God is more distant or more real to you?***

◆ ***Please explain.***

# **APPLICATION**

## ***Pour Out Your Heart***

### ***Pour out your heart to God***

*“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 God. Tell Him all about your traumatic experience. Express your thoughts and feelings to Him.***



# *Pour Out Your Heart*

*Express your desires to God...*

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

◆ *Your current desires.*

# *Pour Out Your Heart*

## ◆ ***Give thanks to God:***

“...give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” **1 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; 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)

“Those who regard worthless idols Forsake their own Mercy. But I will sacrifice to You With the voice of thanksgiving; I will pay what I have vowed. Salvation is of the LORD.” **Jonah 2:8-9** (NKJV)

“For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.” **1 Corinthians 1:18** (NIV)

“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son...” **Romans 8:28-29** (NASB)

◆ ***Tell God in writing that you are giving thanks for the situation and the circumstances, 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.***

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

# 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 a promise to yourself to **never** allow yourself to get into a situation or relationship where you feel powerless or "out of control", **repent** of (turn from) making that promise.*

*Tell the Lord in prayer that whenever you feel powerless or out of control again, you will entrust the care of your heart to Him.*

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

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

***Have you have put your hope in  
people, places, and things?  
Put your hope in Jesus Christ -  
then your healing process and new  
freedom experience will begin!***



# *The Ultimate Fresh Start*

*Perhaps God wants to do even MORE in your heart...*

**The Ultimate Fresh Start** is all about a total **CHANGE** of heart -

turning from a "me first" desire to do my own will,  
to a "Jesus First" desire to do His will.

"...But unless you repent, you too will all perish."

**Luke 13:3** (NIV)

"I delight to do your will, O my God..."

**Psalms 40:8** (Amplified)

If I am sorry that my "me first" choices have led to painful consequences, and my focus is on my misery, the Bible would call that **worldly sorrow**.

But, if my attitude is one of conviction of my wrong - the wrong of putting myself first, regardless of the consequences, the Bible would call this **godly sorrow**.

"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death."

**2 Corinthians 7:10** (NIV)

# *The Ultimate Fresh Start*

**Your Ultimate Fresh Start can begin now!**

- **Confess whatever forms of “me first” you have identified in your life:** pride, jealousy, ungratefulness, unforgiveness, and the right to run your own life...
- **Tell God you have been wrong and sinned against Him -** in all of the ways that “me first” has been expressed in thought, word, or deed in your life (be specific)...
- **Thank God for sending His Son, Jesus, to die for all of your sins...**
- **Tell God you are repenting of - (turning from) all of these sins...**
- **Ask God to forgive you -** for each and every one of these sins...
- **Tell God that you are totally giving yourself to Him -** making Him the Lord of your life and, as your Lord, you are yielding to Him to make any changes He wants to make in your life.
- **Now, thank Him for His forgiveness and for His new life within you!**

*“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)*

*“That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”*  
**Romans 10:9-10 (NIV)**

**FOR MORE ON THE ULTIMATE FRESH START, PLEASE VISIT:  
[www.stepuptolife.com](http://www.stepuptolife.com)**

# *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 27)*

- ◆ ***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 that 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 jailers (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?*
- *Hatred?*
- *Self-hatred?*

◆ ***Express your confession of unforgiveness to the Lord along with your related wrong attitudes and/or responses.  
(Take responsibility for your part)***

# 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:

**“Lord, he/she owes me nothing for my sake, because You, Jesus are sufficient for me and You totally satisfy 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 who has hurt, wronged, offended, or in some way negatively affected you in relation to your traumatic experience.

# Cleansing

**Now that 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” effects 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 real 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” effects 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” effects, 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.

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

**Luke 23:34** (NIV)

“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you...”

**Matthew 5:44** (NKJV)

# *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)**

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

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