

Session 08.

# HEALING WOUNDEDNESS

If we want to live fully in sexual health, we need to make sense of our unprocessed trauma—how our painful past experiences continue to show up in our daily lives. How are the wounds from our past interfering with our relationship with God and others?

In this session, we talk through several stages of the healing process and what it practically looks like to live in freedom.

Pursuing health allows us to be close—create relationships—with the people in our lives. Our approach in looking at our past and looking at our wounds is not to blame someone.

For many of us, our families, our parents, our caregivers loved us and did the best they could...and they hurt us. These are not mutually exclusive ideas.

Being able to process through our past and our pain allows us to better love the people in our lives, even the people who hurt us.

**WE CAN ONLY WORK ON THE PROBLEMS WE OWN.**

We can't work on the problems we're still blaming on someone else. Our perspective needs to be focused on owning our current struggles—regardless of what we experienced or if others around us are unwilling to change—so we can move forward in our healing and become who God has called us to be.

When it comes to healthy sex and sexuality, the real battle is not between our legs, it's in our brain.

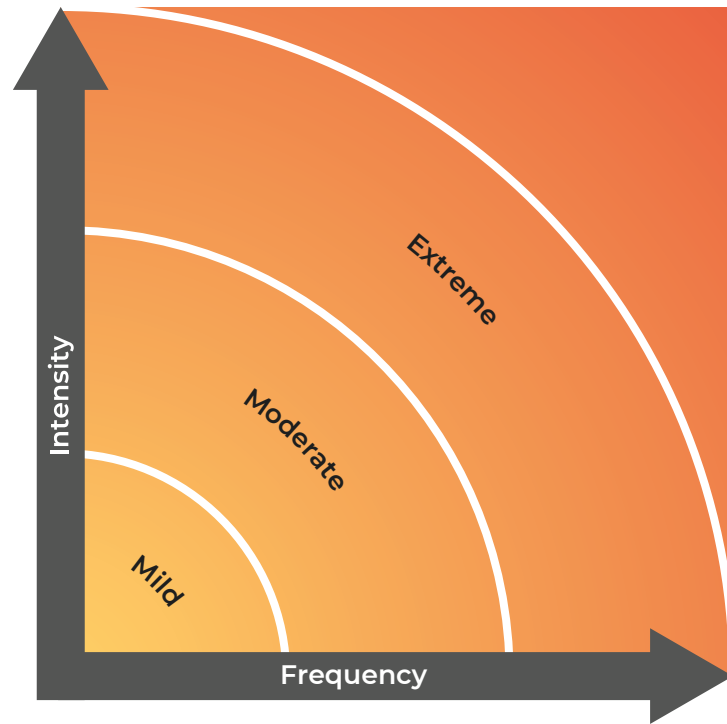
**WE BATTLE AGAINST THE LIES OF HELL THAT  
HAVE BEEN ROOTED IN OUR SOULS THROUGH TRAUMA.**

## TYPES OF TRAUMA

- ➔ **Trauma of infringement (Big T):** trauma done to us, typically one-time experiences, which is all about intensity.
- ➔ **Trauma of abandonment (Little t):** trauma due to things kept from us or things that happen to us consistently over time, which is all about frequency.

### Infringement

- Combat experiences
- Rape
- Sexual abuse
- Punching
- Slapping
- Verbal attacks
- Demeaning nicknames



- Abandonment** → Silence → Neglect → Lack of support → Open rejection

# PRINCIPLES OF TRAUMA

**01. WE HAVE BEEN WOUNDED IN RELATIONSHIPS.**

**02. UNPROCESSED WOUNDS OR TRAUMA CREATE ISOLATION.**

**03. TIME DOES NOT HEAL ALL WOUNDS.**

**IF WE DON'T TURN AND FACE OUR TRAUMAS, IF WE DON'T TURN AND MOURN SOME OF THE HEARTACHES OF OUR LIFE, WE ARE GOING TO TRY TO FIND ALMOST ANYTHING THAT WE CAN FIND COMFORT AND ESCAPE.**

JAY STRINGER

**04. WE ARE HEALED IN RELATIONSHIP WITH GOD AND OTHERS.**

**NEW EXPERIENCES OF LOVE AND GRACE  
REPLACE THE TRAUMA OF OUR PAST.**

This can happen through a recovery group, in counseling, or with a spouse.

**59% OF PEOPLE STRUGGLING WITH UNWANTED SEXUAL BEHAVIOR  
DID NOT HAVE ANYONE TO TALK TO WHEN STRUGGLING.**

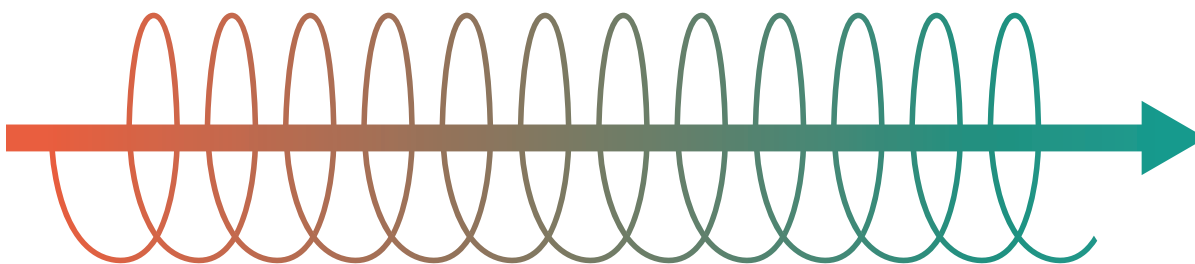
JAY STRINGER

When we experience fear and feel unsafe, it initiates our fight-flight-or-freeze response. This is often an indication that we have unprocessed trauma in our lives.

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01. What situations push your buttons or cause you to overreact? (Initiate a fight response?)
02. What situations do you fear most or withdraw from? What causes you the most worry? (Initiate a flight response?)
03. What situations cause you to feel paralyzed or that you have to make others happy? (Initiate a freeze or appease response?)
04. Looking at your answers to the previous questions, what does this reveal to you about your sources of trauma?

Processing our trauma and moving toward health isn't linear, it's cyclical.



There may be times when we think we've processed through our trauma, but then a new nuance of the trauma presents itself, so we have to process through it again. The process of health and recovery, or working through betrayal, is not about answering a question and moving on. It's a process of working on progress, not perfection.

# THE FOUR STAGES OF THE HEALING PROCESS

## 01. REBOOTING

If we're going to deal with our trauma, we need to know what our triggers are so they can be rebooted. When we don't talk through our trauma, it stays in our soul and festers.



**Action Step:** we need to process the sources of our trauma with a trusted advisor.

## 02. ACCEPTANCE

If we're going to be working on our woundedness, we need to accept what's been going on.

The opposite of acceptance will halt progress: this is denial.

### The Five Emotional Stages of Healing:

01. Crisis/Decision
02. Shock
03. Grief
04. Repair
05. Growth



**Action Step:** we need to write down our current reality and how we will prevail—what hope looks like to move forward.

## 03. INTEGRATION

This is like peeling back the layers of an onion. The treatment process or moving toward health and healing is gradual; it takes time.

In integration, we need to reframe the pain. We can't move through this healing process unless we are willing and able to feel the pain that's there in order to heal it.



**Action Step:** determine our prophetic or personal promises and rehearse them daily.

### Personal/Prophetic Promises

This approach allows God to show us who we are, how He sees us, and connect this to experiences we've had in life, so we can see where we're headed; as opposed to being crippled and sidelined by the lies that have come out of the trauma we've experienced.

**IN ORDER TO RENEW THE MIND, WE NEED TO EXPERIENCE GOD SO THE LIMBIC LIES ARE OVERCOME!**

### Experiencing God

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- 01.** When have you personally experienced God?
- 02.** What was God saying to you about you in that experience?
- 03.** What promise in Scripture could you link to this experience?
- 04.** How does this truth directly counteract a limbic lie?

**WE CAN'T CHANGE OUR HISTORY, BUT WE CAN CHANGE THE LIES ATTACHED TO OUR HISTORY.**

## 04. RESTORATION

This is the process of moving into our God-given future, becoming or living as the person we were created to be. This is not a straight line, but a process that takes constant course correction; allowing us to move more and more toward health and who God has called us to be.

<b>FORGIVENESS</b>	passing on the grace we have experienced.
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## DIVINE REVERSAL

God can use what the enemy brought against us to bless others instead.

*All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.*

**2 CORINTHIANS 1:3-4 NLT**



**Action Step:** pay it forward.



**THE POINT OF YOUR GREATEST WOUNDEDNESS  
IS WHERE YOU ARE THE MOST GIFTED.**

**DR. TED ROBERTS**

