



Understanding Trauma & Abuse

Trauma and abuse—whether emotional, physical, sexual, or spiritual—can deeply impact a person’s body, mind, and soul. Healing often requires support in each of these areas.

Spiritual Aspect

- **Distorted view of God:** Abuse by a trusted figure or prolonged suffering can lead to feelings of abandonment or confusion about God’s character.
- **Shame and worthlessness:** Victims may feel unworthy of love, grace, or healing.
- **Healing includes restoration:** God offers safety, truth, and a renewed identity. Rebuilding spiritual trust takes time, care, and community.

He heals the brokenhearted and bandages their wounds. – Psalm 147:3

Emotional Aspect

- **Fear, anxiety, or numbness:** Trauma often disrupts the ability to feel safe or process emotions clearly.
- **Self-doubt and isolation:** Victims may blame themselves or struggle to trust others.
- **Healing involves connection:** Supportive relationships, emotional validation, and space to share their story safely are critical for recovery.

Be happy with those who are happy, and weep with those who weep. – Romans 12:15

Physical Aspect

- **Body-stored trauma:** The body remembers trauma, sometimes long after the event—through tension, pain, or sudden triggers.
- **Fight, flight, freeze responses:** These are survival mechanisms that can feel uncontrollable or misunderstood.
- **Healing includes regulation:** Grounding techniques to help someone connect to the present moment, counseling, rest, and sometimes medical support can help the body recover from the impact of trauma.

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid. – John 14:27

Final Encouragement

Healing from trauma is not linear, and it cannot be rushed. But **God sees, knows, and walks with every survivor**. As his followers, we get to offer compassion, safety, and the hope of restoration.



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Grounding techniques are simple mental, physical, or sensory strategies that can help someone feel more grounded or stable when their nervous system feels out of control. Here are some examples:

Mental Grounding

- **5-4-3-2-1 Technique:** Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste.
- **Name categories:** List things in a category (e.g., types of fruit, sports teams, songs).
- **Speak truth:** Repeat a calming phrase like "I'm safe right now," or a Scripture verse.

Physical Grounding

- **Hold something cold or textured** (ice cube, stone, cloth).
- **Push feet firmly into the ground** and notice how the floor supports you.
- **Stretch or walk** to move energy through your body.

Sensory Grounding

- **Smell something familiar and pleasant** (lavender, coffee, citrus).
- **Focus on your breathing**—inhale for 4, hold for 4, exhale for 4.
- **Eat something mindfully**, paying attention to texture, flavor, and temperature.

These tools can calm the body and mind, especially when trauma makes a person feel out of touch with reality or emotionally flooded.