

Trauma

Trauma is a person's emotional distress from an event that overwhelms their capacity to cope. The physical, emotional, or psychological distress may be due to pain or fear of pain.

Traumatic Events

- Physical pain or injury
- Serious illness
- Natural disasters
- War / Terrorism
- Abuse
- Rejection
- Betrayal
- Abandonment

Overwhelm

- Severe pain
- Severe fear
- Childhood trauma
- Worst case scenario
- Ongoing abuse

Symptoms

- Intrusive thoughts, flashbacks, nightmares
- Triggers, emotional overwhelm
- Fight, flight, freeze, fawn, flop/faint
- Hypervigilance
- Guilt or shame
- Confusion

Legal Ground

- Offenses (and tied to the sin)
- Offender (and tied to the sinner)
- Spiritual warfare

Prayer Strategy

- Pray for a starting point (origin)
 - Dare to face it (trust)
 - Watch for flooding (overwhelm)
- Discover the pain or fear of pain
- Spiritual transactions
 - Forgive, forgiven
 - Curses, vows, demons, strongholds
- Ask God for insight and closure
- Confirm new coping method (faith)
- Check for peace