

Unmasking Trauma

Why everyday experiences leave lasting marks — and how healing is possible through spirit, soul, and body.

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"A joyful, cheerful heart brings healing to both body and soul. But the one whose heart is crushed struggles with sickness and depression."

-Proverbs 17:22, Passion Translation



Trauma Is More Than a Big Event

Clinical consensus is trauma is not the external "event" itself, but the **body's** (internal physiological and psychological) **response that persists long after the threat has subsided.**— shaping the nervous system and keeping it locked in survival mode.

These patterns often surface as [anxiety, fatigue, chronic pain, or emotional numbness](#) — difficult to explain until you understand their roots.

Trauma as the body's response - Stress

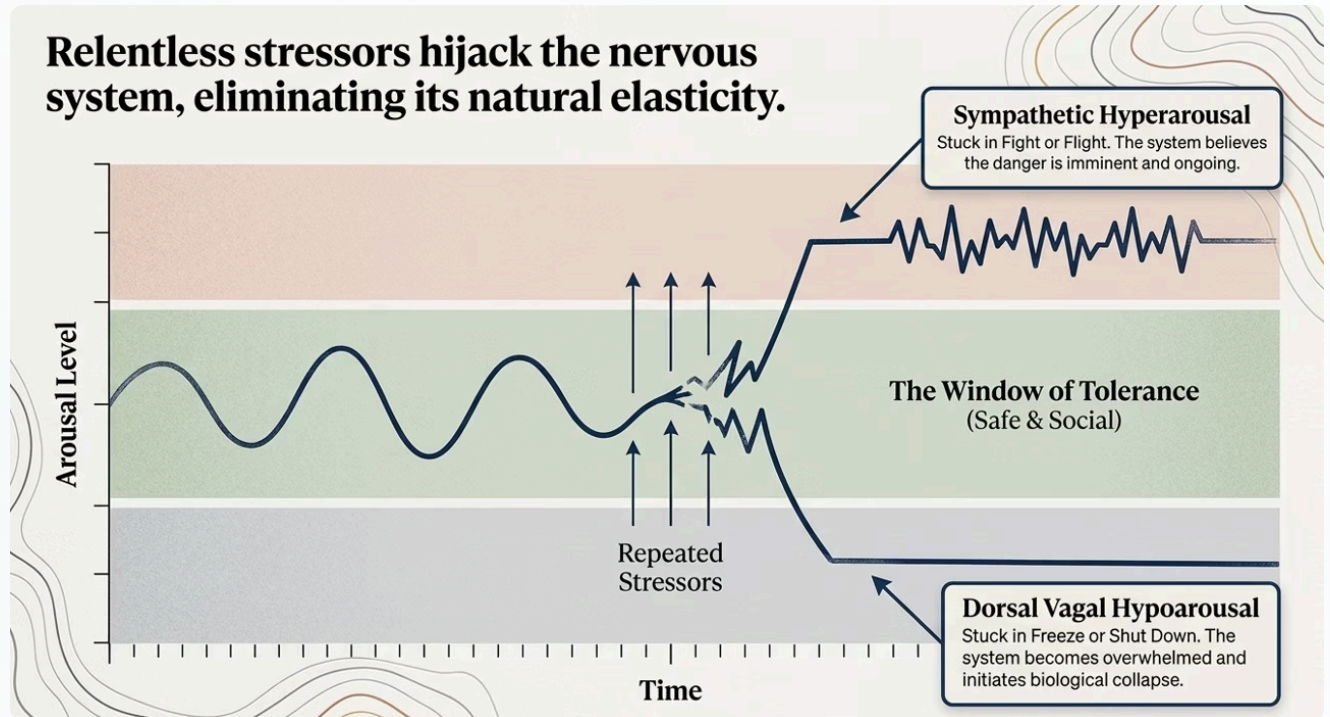
Reality (unmasked)

Trauma includes:

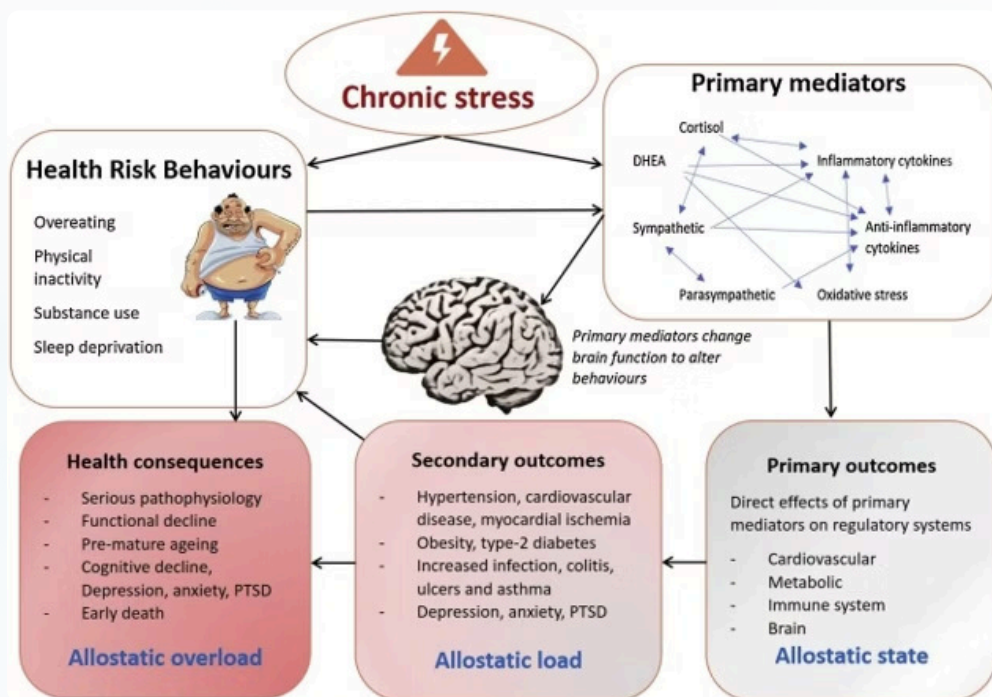
- Prolonged repeated everyday stressors and chronic environments
- Represents a highly adaptive biological survival response of nervous system
- Ongoing physiological state carried to the present
- Vicarious (indirect, secondary)

Allostatic Load

The cumulative wear on the body from chronic unrelieved stress. Over time, the nervous system pays a physical price.



How Stress Rewires the Brain



Stress — physical or emotional — creates **false beliefs** that distort how we see the world. These **altered perceptions** can drive cycles of unhealthy choices and behaviors, including addictions.

⚠ Lies a person believe about themselves becomes the lens through which they live.

Epigenetics

External experiences — including **how we think and react** — influence the behavior of our genes.

Trauma can extend across generations through these biological changes and can look like children being prepared for a high-threat environment before they are born, resulting heightened stress sensitivity.

- Parenting and Attachment
- Communication Patterns



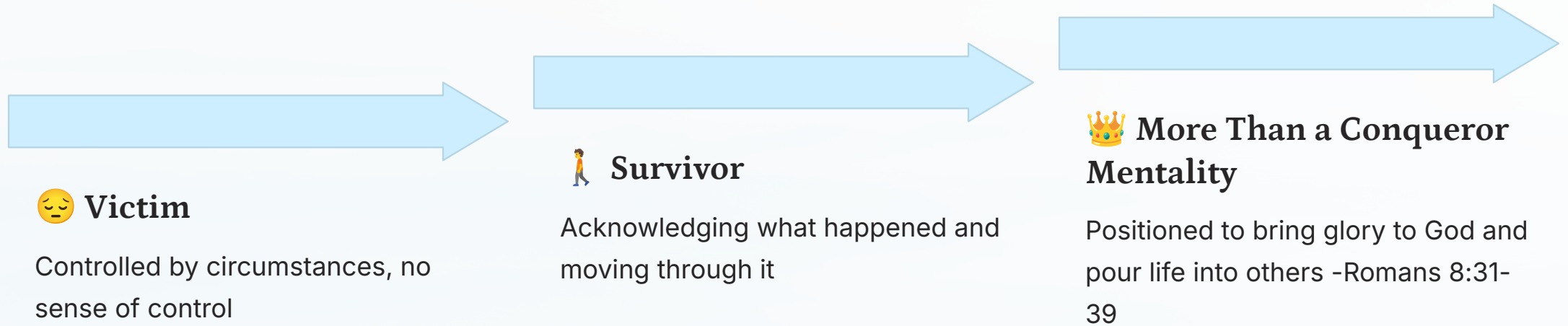


The Weight of False Beliefs

When stress from traumatic events fractures a person's sense of identity — distorted beliefs about who they are, what they deserve and that they have to heal alone can arise.

These become the hidden drivers behind choices, relationships, pain and addictions (maladaptive coping).

A Perspective Shift: The Journey Forward



This shift is not just psychological — it is in both soul and spirit. Your story becomes a source of hope and service to others.

Kintsugi: Finding Beauty

Kintsugi (金継ぎ) is the Japanese art of repairing broken pottery with gold-dusted or platinum lacquer — not hiding the cracks, but [seeing them as part of the story](#).

Perspective that our life experiences are part of our unique story — and they can give hope to others.



Good News: The Brain Can Change



Neuroplasticity

The brain is not fixed. Through intentional choices and healthy thinking habits and actions, **new neural pathways form** — old survival patterns can be rewired.

- ✔ Healing is not just possible. It is built into how we are designed.

Three Dimensions of Health

Spirit

Relationship with Father God Our Creator — the foundation of identity and healing

Soul

Mind, will, and emotions — aligning thinking, speaking and choosing, and living in purpose

Body

Physical health — sleep, nutrition, movement, fun (hobbies), social health (community)

Spirit Health: The Root

Healing begins knowing God loves you unconditionally and with identity **as a child of God** — not defined by what you've done or what has been done to you.

Accepting Jesus as Lord (salvation) establishes a relationship with your Creator — the anchor for everything else.

Discovering and Living **in your unique purpose** is itself therapeutic.-
Jeremiah 29:11



Soul Health: Renewing the Mind

Identity in God

You are loved. You are here for a purpose. Not defined by experiences or performance.

Root of Thoughts

Shift motives from **fear** → **love**.
Healthy perspectives lead to healthy choices, actions and habits.


Double-Minded Warning

"A double-minded man is unstable in all his ways..." — Align thinking, actions, and choosing.

Soul Health: The Power of Forgiveness

Forgiveness Is for *You*

Unforgiveness harbors toxic thoughts that grow with attention. Forgiveness takes power away from those thoughts and redirects energy toward healing.

 Forgiveness is **NOT** reconciliation, forced interaction, excusing actions, or forgetting.

Shift Focus

Releasing the hold of the past moving from toxic rumination toward **positive, forward movement.**

Research: Empirical studies have shown that forgiveness decreases anger, anxiety, and depression and increases self-esteem and hopefulness for the future.

Body Health: Reducing Physical Stress

Better Sleep

Rest is foundational to nervous system recovery.

Nutrition

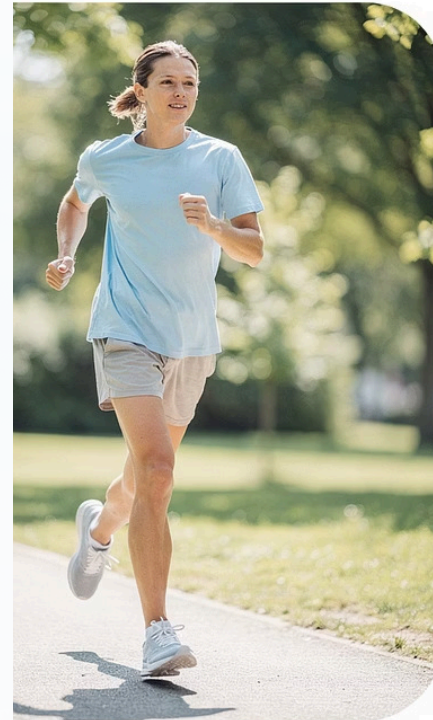
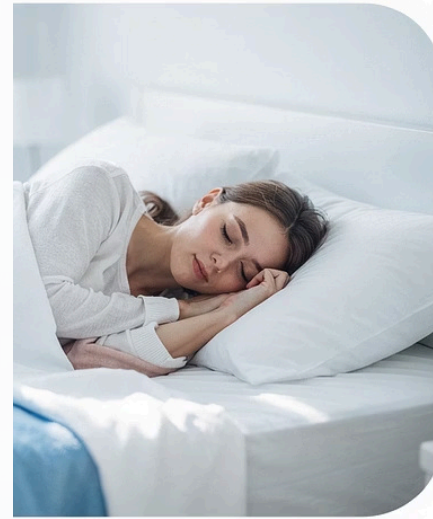
Fuel the body to support emotional and physical resilience.

Exercise

Physical activity releases stress and builds strength.

Fun & Laughter

"A merry heart does good like medicine..."



Community & Service



Social Health

Positive community gives energy.
Surrounding yourself with life-giving relationships is part of healing.

Helping Others

Volunteering and service redirect focus outward — Proverbs 11:25

- ✔ Your journey can pour life into others.



Thank You

"Your existence is evidence that this generation needs something that your life contains."

-Dr .Myles Munroe

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Resources: Dr. Caroline Leaf, neuroscientist books and podcast website: www.drleaf.com

Bible References (The Passion Translation or New International Version)

Romans 12:2, Romans 8:31-39, Ephesians 4:32, John 10:10. Psalm 23, Matthew 11:28-30, Proverbs 17:22, Jeremiah 29:11