

# **6-Week Trauma-Informed Christian Healing Workbook**

For a young woman healing from sexual assault, PTSD shutdown/freeze responses, and emotional neglect.

You are not broken. Your body learned to survive.

**SAFETY NOTE:** If distress rises above 6/10, stop, ground yourself, and return when you feel safe.

## **WEEK 1: SAFETY & STABILIZATION**

GOAL: Help your nervous system feel safe enough to begin healing.

PTSD shutdown (freeze) is not weakness. It is your body protecting you when escape once felt impossible.





## WEEK 2: TRAUMA THOUGHTS & COGNITIVE RESTRUCTURING

GOAL: Separate trauma-based beliefs from truth.

Trauma often creates thoughts like:

- I am unsafe
- It was my fault
- I don't matter





## **WEEK 3: SHUTDOWN, FREEZE & THE BODY**

GOAL: Learn to work with your body instead of against it.

Freeze is a survival response. Your body chose stillness to keep you alive.





## **WEEK 4: ATTACHMENT WOUNDS & FATHER NEGLECT**

GOAL: Grieve what was missing and receive safe love.

An emotionally abusive or absent father can create shame, fear of closeness, and difficulty trusting love.





## **WEEK 5: IDENTITY RESTORATION AFTER TRAUMA**

GOAL: Reclaim identity beyond abuse.

Trauma lies about who you are. God restores identity.





## **WEEK 6: BOUNDARIES, EMPOWERMENT & HOPE**

GOAL: Develop agency, boundaries, and gentle hope.

Boundaries are not punishment. They protect healing.



