

6-Week Trauma-Informed Christian Healing Workbook

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

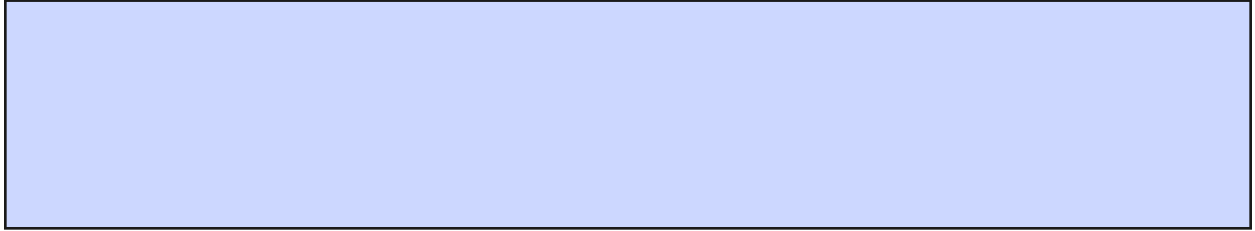
You are not broken. Your body learned to survive.

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.

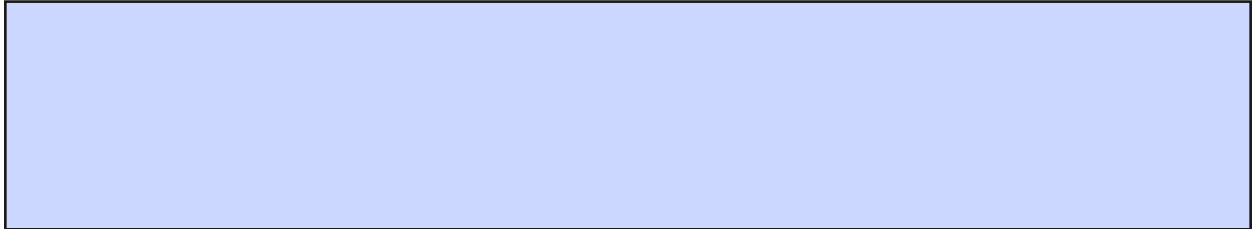


WEEK 2: TRAUMA THOUGHTS & COGNITIVE RESTRUCTURING

GOAL: Separate trauma-based beliefs from truth.

Trauma often creates thoughts like:

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

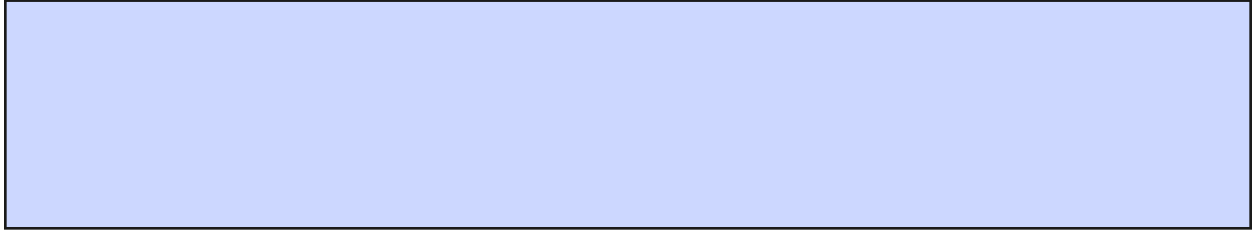




WEEK 3: SHUTDOWN, FREEZE & THE BODY

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.

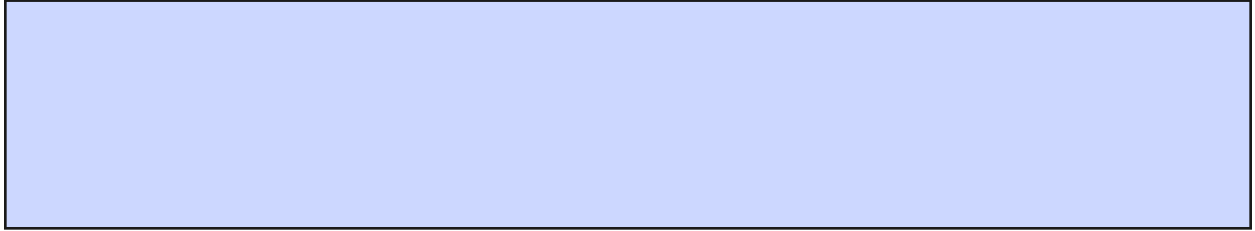
An emotionally abusive or absent father can create shame, fear of closeness, and difficulty trusting love.

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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.

