

# **Trauma-Informed Spiritual Healing Workbook**

Carein Counseling

## **Your Story: When Faith Has Been Wounded**

Distress (1-10):

Where do you feel this in your body?

Reflection:

## **Psalm 34:18 — Comfort Reflection**

Distress (1-10):

Where do you feel this in your body?

Reflection:

## Trauma Lies vs. Biblical Truth

Distress (1-10):

Where do you feel this in your body?

Reflection:

## **Grounding in God's Presence**

Distress (1-10):

Where do you feel this in your body?

Reflection:

## Who God Says You Are

Distress (1-10):

Where do you feel this in your body?

Reflection:

## Healing the Wounded Faith (Handout Reflection)

Distress (1-10):

Where do you feel this in your body?

Reflection:

## Healing Journal 1

Distress (1-10):

Today Jesus reminded me that:



## Healing Journal 2

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 3

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 4

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 5

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 6

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 7

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 8

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 9

Distress (1-10):

Today Jesus reminded me that:



## Healing Journal 10

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 11

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 12

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 13

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 14

Distress (1-10):

Today Jesus reminded me that:

## Healing Journal 15

Distress (1-10):

Today Jesus reminded me that:

# Healing Journal 16

Distress (1-10):

Today Jesus reminded me that: