

STEPS TO EMOTIONAL & SPIRITUAL HEALING

Read Chapter 6: Healing in *The Unseen Companion* and use this guide/worksheet to “break the ties that bind.”

STEPS	ORIGIN	TRIGGER	UNWANTED RESPONSE
<ol style="list-style-type: none"> 1. Identify the unwanted response. 2. Identify the trigger. 3. Identify the origin of emotional bondage. 4. Identify the core issue. 5. Break the “tie that binds” with the truth God’s Word, prayer, and forgiveness. 6. Seek help from a professional, if needed. 7. Receive God’s healing. 	loss childhood memory physical injury physical abuse sexual abuse verbal abuse neglect poverty bullying difficult circumstances sin	place time event senses conversation interaction with others familiar situation anniversary of event temptation	overwhelming emotion fear-based decisions avoidance aggression/anger anxiety poor choices learned helplessness recklessness detachment substance abuse
IDENTIFY THE CORE ISSUE AND REPLACE WITH THE WORD OF GOD			
<p>Once you discover the “origin”, you can then find the relating core issue that influences our behaviors and replace the “lie” with the truth of God’s Word. (<i>Example: I am not unlovable. I am dearly loved by God, the Father and I am adopted into His family.</i>) Replacing our core issues with God’s truth helps us to relate and interact with the world in a healthy way.</p> <p>Possible core issues: worth, security, fear, justice, guilt, shame, loss, grief, abandonment, humiliation, defensiveness, control, identity, trust, lovability, purpose, etc.</p>			

“They did not realize it was I who healed them. I led them with cords of human kindness, with ties of love.” -Hosea 11:3-4

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“I will heal my people and will let them enjoy abundant peace and security.” -Jeremiah 33:6