

HEALING AND RECOVERY

A Practical Guide to Finding Hope and Rebuilding Life

Not Defined by Trauma. Restored by Grace.

1 UNDERSTANDING HEALING



- Healing takes time
- Progress over perfection
- Giving yourself grace

2 UNDERSTANDING TRAUMA



- Effects on the mind and body
- Emotional responses
- Hypervigilance and stress

3 FIGHT • FLIGHT FREEZE • FAWN



- Survival responses
- Anxiety and fear
- Learning safety again

4 GRIEF AND LOSS



- Mourning dreams and relationships
- Understanding grief
- Finding hope after loss

5 ANXIETY, FEAR, AND TRIGGERS



- Panic and intrusive thoughts
- Healthy coping strategies
- Finding peace

6 SHAME AND SELF-BLAME



- Replacing lies with truth
- Self-compassion
- Identity and worth

7 ANGER, FORGIVENESS, AND JUSTICE



- Healthy anger
- Forgiveness versus reconciliation
- Accountability and healing

8 COUNSELING AND PROFESSIONAL SUPPORT



- Trauma-informed care
- Support groups
- Medical and spiritual support

9 FAITH AND SPIRITUAL HEALING



- Church hurt
- Doubt and questions
- Rebuilding trust in God

10 REDISCOVERING YOURSELF



- Identity
- Confidence
- New dreams and purpose

11 HOPE AND NEW BEGINNINGS



- Life beyond survival
- Joy and purpose
- A future filled with hope

THERE IS *Hope.* | THERE IS *Healing.* | THERE IS *Grace.*

I Am What I Am Ministry



www.iamwhatiam.org