



## **Trauma's Belief System:**

**"I'm alone.**

**"I'm not valuable enough to be loved or protected."**

**"I ~~might~~ will survive.**

**"I won't ever feel this much pain again. My trauma coping system will protect me ALWAYS."**



## **Healthy Belief System:**

**God says:**

**You have always been known. (Jeremiah 1:5)**

**You are valuable. (Ephesians 2:10)**

**You are created with a good purpose and future.**

**(Jer 29:11)**