

Rewiring the Trauma Loop

Resource Guide:

This guide is a companion to JJ Shawver's video: "**Healing from Trauma: A Journey to Wholeness.**" It's designed to help you identify, understand, and begin to rewire the trauma loops that are holding you back emotionally, spiritually, and neurologically. Healing is possible—and this is where it begins.

THE TRAUMA LOOP (Your Default Survival Wiring)

Trigger:

What moment, tone, phrase, or situation recently caused a spike in anxiety, sadness, or anger?

Meaning:

What belief did your brain assign to this? (e.g., 'I'm not enough', 'They'll leave', 'I don't matter')

Response:

How did you react or protect yourself? (e.g., shut down, overreact, isolate, overfunction)

Reward:

What did that behavior temporarily give you? (e.g., relief, control, escape, avoidance)

Reinforcement:

How has this loop shown up before? What's the cost of staying in it?

THE HEALING LOOP (Your Spirit-Led Renewal Path)

Awareness:

What's one loop you now recognize? Name it without shame.

Safety:

How can you regulate your nervous system in that moment? (e.g., deep breath, grounding, inviting the Holy Spirit)

Truth:

What Scripture, truth, or phrase can you speak over yourself in that moment?

Action:

What's one small action you can take to disrupt the old pattern and respond differently?

Reinforcement:

How can you practice and celebrate this healing loop regularly?

SCRIPTURE + NEUROSCIENCE:

🧠 Romans 12:2 — 'Be transformed by the renewing of your mind.' Your brain is neuroplastic. What was wired by trauma can be rewired by presence. 🧠 2 Timothy 1:7 — 'God has not given us a spirit of fear, but of power, love, and a sound mind.' You were not designed to live in a fear loop. Your nervous system was made for peace. 🧠 Psalm 34:18 — 'The Lord is close to the brokenhearted.' Proximity heals. Your body rewires through presence, not pressure.

FINAL CHALLENGE:

You don't need to be perfect to begin healing. You just need to be present. Start small. Stay consistent. Let the Holy Spirit meet you in the loop—not after it's fixed, but right in the middle of it. That's where healing becomes real.

The banner features a dark background with a large, light-colored silhouette of a person's head in profile, facing right. On the left, there is a circular logo with a crown on top and a cross inside, with the text 'The Kingdom Mindset' below it. Next to the logo is a small photo of JJ Shawver. Below the logo, the text reads: 'REWIRING MINDS. ELEVATING LEADERS. MAXIMIZING HUMAN POTENTIAL.' In the center, the main title 'ALWAYS DEVELOPING LEADER™' is written in large, bold, white letters. Below it, in yellow text, are the phrases: 'NEUROSCIENCE-BACKED PERFORMANCE', 'LEADERSHIP & TEAM OPTIMIZATION', and 'SPEAKER AND PODCAST HOST'. To the right of this text is a small microphone icon. Below the text is the signature 'JJ Shawver' in white cursive. On the far right, there is a photo of JJ Shawver standing in front of a wall with several framed certificates. Below the photo is the 'ADL' logo with 'ALWAYS DEVELOPING LEADER' underneath it, and the tagline 'BUILT BY FAITH, DRIVEN BY PURPOSE.' at the bottom right.