

SCIENCE, SPIRIT & SOMATICS:

The Synthesis of Healing

Faith Impact Summit

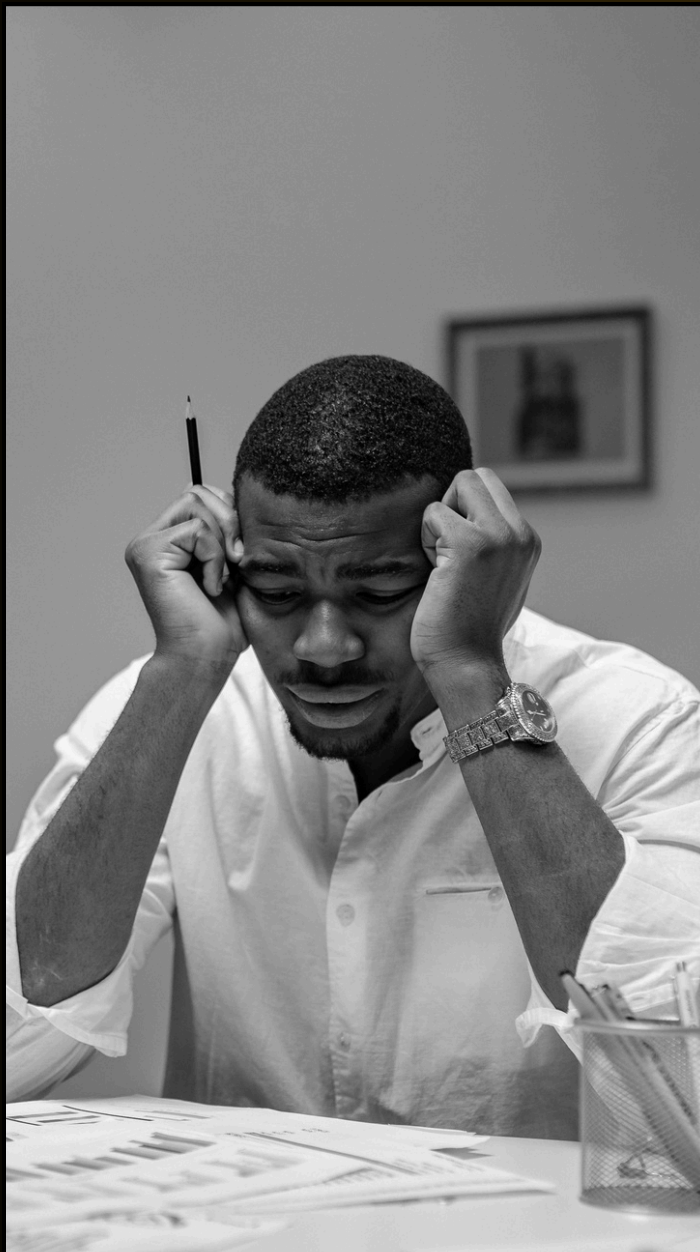




Identity CRISIS



“WHO AM I?”



LOST
SHIFTING
UNCLEAR

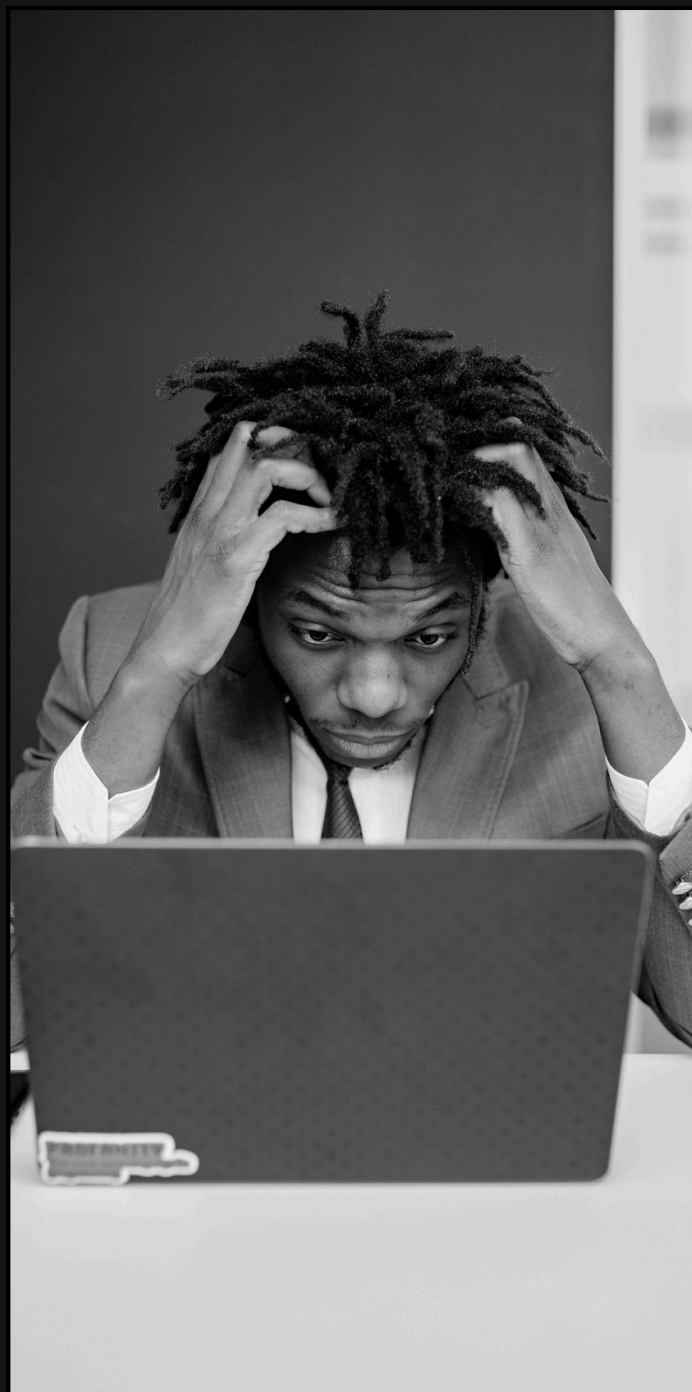


- RE-LIVING TRAUMA
- GARDEN VARIETY DEPRESSION & ANXIETY
- PARTS WORK

WHAT IT
FEELS LIKE?



What's *Happening*



01

DISSOCIATION

02

SEPARATION ANXIETY

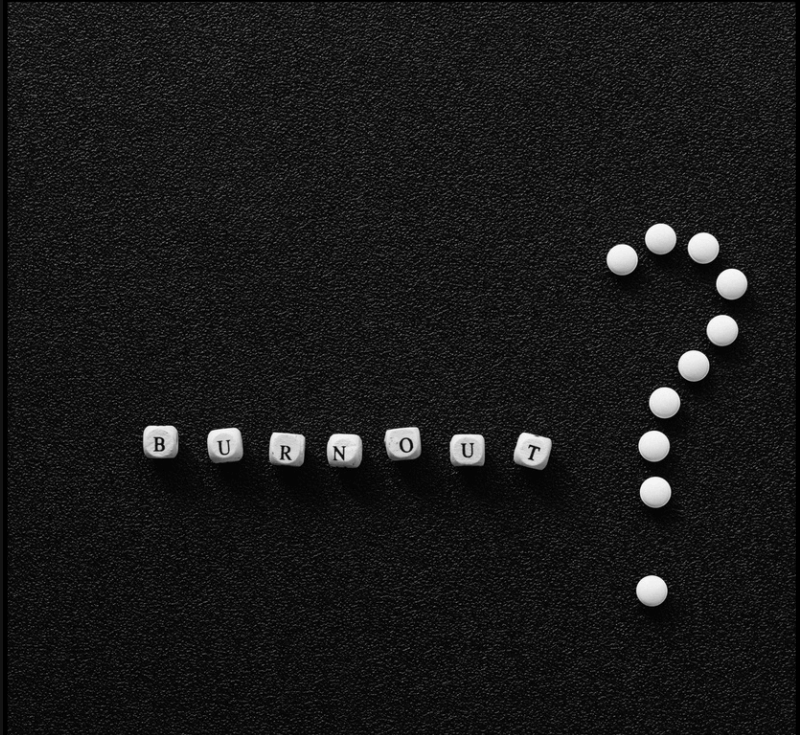
03

ACUTE STRESS DISORDER

04

ADJUSTMENT DISORDER



A black and white photograph of a dark, textured surface. The word "BURNOUT" is spelled out in white, blocky letters. To the right of the word, a series of white dots form a curved arrow pointing upwards and to the right.

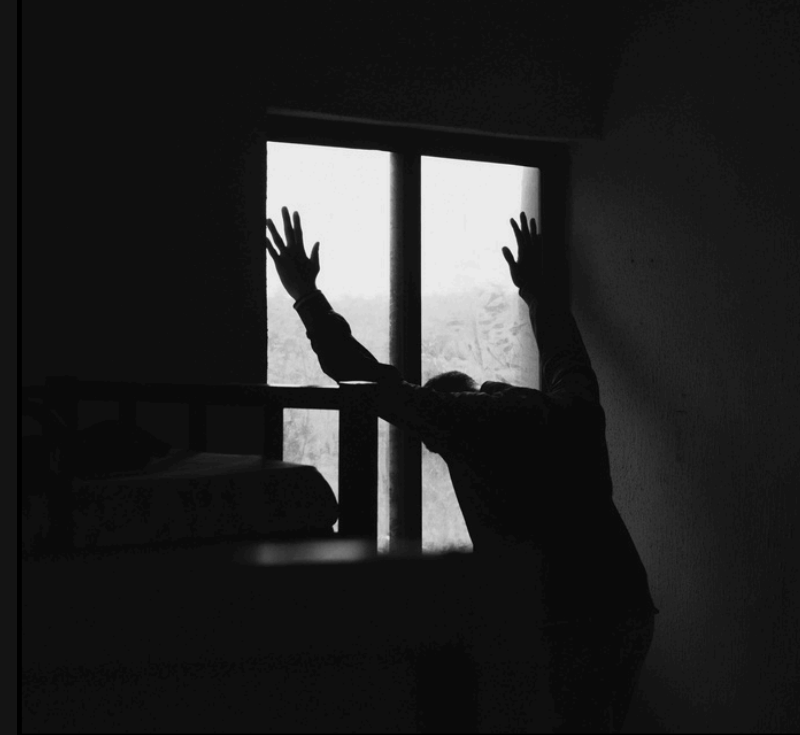
QUESTIONING BEGINS
You start asking “Who am I?”

CONFUSION GROWS
SOCIAL MEDIA INFUSION

A black and white photograph of a woman with her hair in a bun, wearing a dark jacket over a white shirt. She has her hands pressed against her temples, looking down with a distressed expression.A black and white photograph of a person lying in bed, covered with a white blanket. They are holding their head in their hands, looking away from the camera.

OVERTHINKING TAKES OVER
WHAT IFS/ COMPARISON

EMOTIONAL FATIGUE
FIGHT, FLIGHT, FREEZE, FAWN

A black and white photograph of a person standing in front of a window, with their hands pressed against the glass. The person is silhouetted against the light coming from the window.

The Cycle

Why this cycle?

identity

VS

Role Confusion



IDENTITY

INTERNAL

WHO YOU ARE

CORE VALUES

GROWTH



EXPECTATION

EXTERNAL

WHO OTHERS WANT

SOCIAL MEDIA

THE CULTURE





"RECOGNIZING
THE SIGNS "

WHO

WHAT

WHEN

WHERE



SIGNS YOU'RE
EXPERIENCING IT

HOW TO begin the Healing

PRIORITIES

PRINCIPLES

PROCESS

PATIENCE

PRACTICALITY



01

GRATITUDE

02

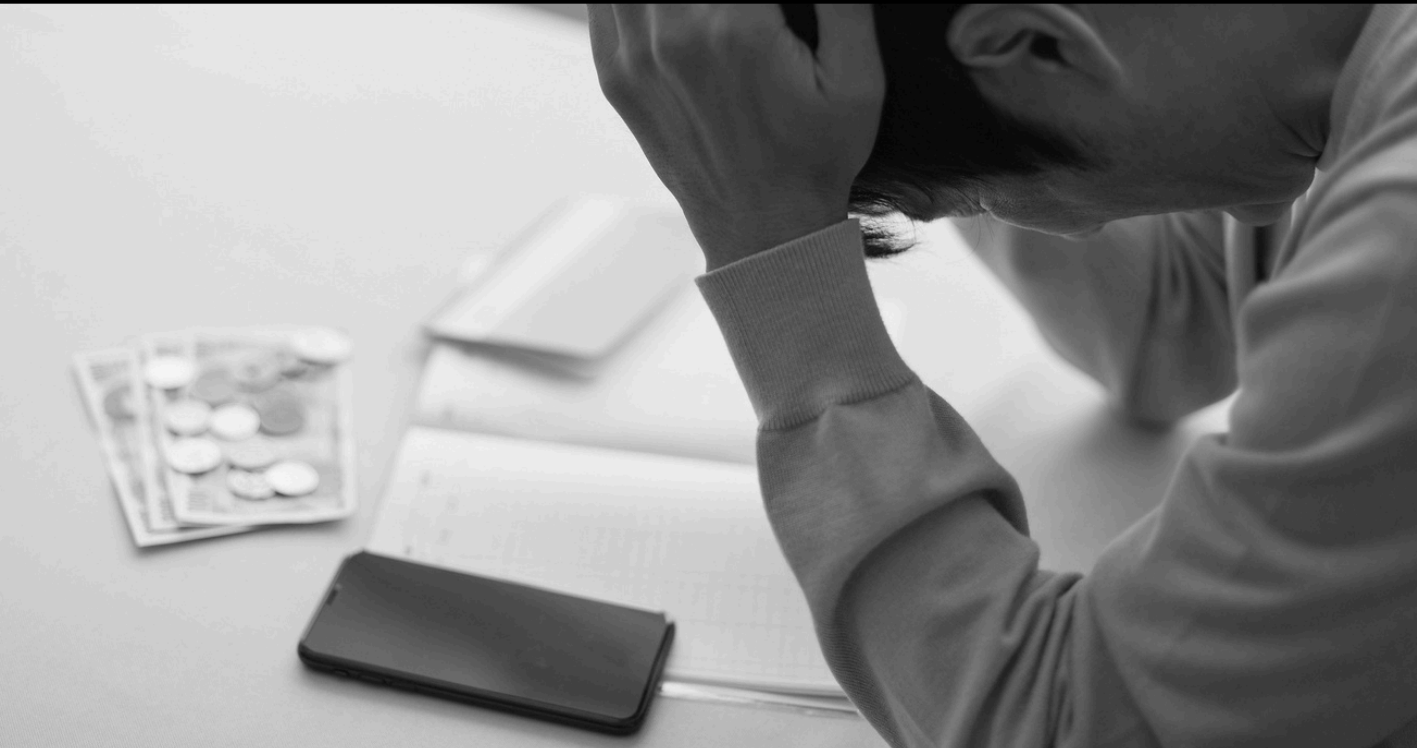
GRACE

03

GOVERNANCE

04

GROWTH



What to Learn...



IDENTITY IS NOT FIXED

...it changes, it grows, it shifts

Just stop believing the lie

