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LIFE APPLICATION WORKSHEET



<https://www.franknjohnson.com/good-news-for-trauma-victims/>

Recovery from the effects of trauma is not a straightforward process. Because of this, I have hesitated to provide a life application worksheet for this article—for fear that readers will believe that simply reading a few passages of Scripture and writing their thoughts down will instantly solve the complex issues they face.

Instead, I believe that recovery from trauma will require the help of a trusted counselor and I would recommend first of all that you seek out such a counselor through your local body of believers and/or the American Association of Christian Counselors (https://connect.aacc.net/?search_type=distance).

And yet, while you courageously face the intricate process of recovering from the pain you have and continue to experience, I would like to suggest that you consider and meditate upon these two specific passages of Scripture:

