



## Coaching Tool:

Was It Really That Bad?

God's love heals and restores so it's safe to recognize abuse and brokenness to find more love and freedom.	Vs.	The enemy only wants to hurt, shame, and cause fear by any means or person available and then downplay the damage.
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## Examples Of What The Enemy Wants You To Think:

- What I went through really wasn't that bad.
- Other people have had it worse.
- I didn't turn out all that messed up because I can hold a job and I'm not in jail.
- There's no point in feeling pain from the past if I'm doing ok.
- But they loved me so it couldn't be abuse.
- They were trying to help me so it couldn't be wrong.
- I should just be grateful it wasn't worse.
- Any pain or fear I feel must be my fault.

## God's Truth Says:

Reevaluate Your Pain using these three questions:

### 1) Where did someone shame you?

- a. Shame: Seeing yourself or your actions as irredeemable, unsalvageable, or truly horrible. In extreme cases this can include taking on shame for actions done to you.
- b. If their actions, words or attitudes made you feel ashamed, something was wrong. Love will never cause shame.
- c. Shame is a symptom that something was wrong. If you were a child, it was never your fault so you shouldn't be carrying the abuser's shame or guilt.
- d. Ask a SAFE counselor or pastor to help you identify the source of the shame and help you work through it.



**2) Where did someone hurt you?**

- a. Being honest about the brokenness is the first step toward finding healing. Denial never healed anything.
- b. If you were hurt, was there an action, attitude or words that caused the pain?
- c. If you were a child, it wasn't your fault. Can you put the responsibility where it should go?

**3) Where were you afraid?**

- a. Perfect love casts out fear; it doesn't cause it.
- b. Who were you afraid of? When did that fear start? Who did you feel the need to avoid or get away from?
- c. If they were inappropriate or abusive to you, it will cause you harm—even if they also tell you they love you.
- d. "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love." – 1 John 4:18

**Listen To This Song:**

Your Name Brings Healing To Me by Planetshakers

**Questions To Help You Process This Concept:**

- 1. Where did someone shame you?
  
  
  
  
  
  
  
  
  
  
- 2. Did someone hurt you physically? Who and when? (The level of intensity or frequency does not matter.)



3. Did someone hurt you emotionally by picking on you, bullying you, disrespecting you?
  
  
  
  
  
  
  
  
  
  
4. If you were hurt, was there an action, attitude or words that caused the pain?
  
  
  
  
  
  
  
  
  
  
5. Who did you feel uncomfortable or unsafe around? Who do you feel uncomfortable or unsafe around today?

**Exercise:**

1. Write a list of your favorite safe people
2. Write a list of your uncomfortable or unsafe people
3. Were you tempted to put some of the same people on both lists?
4. What criteria did you use to decide what list to put someone on?
5. If you're honest with yourself, do you need to change anything?
6. Now, ask a trusted friend, counselor or pastor to review the list with you to see if you have any blind spots relating to abuse in your past. If you do, get help processing so you can continue healing.