

WE ★ ARE

**STRONGER**

**GOING**

**DEEPER**

**WORKBOOK**



CHRIS & RAHNELLA ADSIT  
WITH CARLA MCDUGAL

**We Are Stronger** is a film produced by Reflective Life Ministries, a 501(c)3 corporation.

6606 FM 1488 Ste. 148-185

Magnolia, TX 77354

info@reflectivelifeministries.org

**We Are Stronger – Going Deeper** © May, 2017 by Chris Adsit. All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronic, mechanical, photocopy, recording or any other – except for brief quotations in printed reviews or for educational purposes, without prior written permission of the authors.

**Disclaimer:**

This booklet is not a substitute for appropriate medical or psychological care for those experiencing significant emotional pain or whose ability to function at home, school or work is impaired. Chronic or extreme stress may cause a wide assortment of physical and psychological problems. Some may require evaluation and treatment by medical or mental health professionals. When in doubt, seek advice from a professional.

All Scripture quotations, unless otherwise indicated, are taken from The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.®. Used by permission. All rights reserved worldwide.

Other versions of The Bible used are:

**NAS:** New American Standard Bible. Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by the Lockman Foundation. Used by permission.

**NLT:** Holy Bible, New Living Translation. Copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved.

**NKJV:** New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved

ISBN-13: 978-1717393913

Printed in the United States of America

# TABLE OF CONTENTS

## Introduction

Week 1	1
Chapter 1 – What is Normal?	2
Chapter 2 – What is PTSD?	6
Chapter 3 – Four Other Gates	13
Reflection Questions	19
Week 2	22
Chapter 4 – Where Was God?	23
Chapter 5 – Elements of a Healing Environment	27
Chapter 6 – Element #1: Connecting with God	29
Reflection Questions	33
Week 3	36
Chapter 7 – Element #2: The Bible	37
Chapter 8 – Element #3: Prayer	39
Chapter 9 – Element #4: Community	41
Reflection Questions	43
Week 4	47
Chapter 10 – Element #5: Dealing With Loss	48
Chapter 11 – Element #6: Forgiving Others	50
Chapter 12 – Element #7: Forgiving Yourself	52
Reflection Questions	55
Week 5	60
Chapter 13 – Element #8: Service	61
Chapter 14 – Element #9: Mindset	63
Reflection Questions	66
Week 6 Review and Next Step	69
Spiritual Stepping Stones Timeline	74

To order *We Are Stronger Going Deeper* resources go to  
[www.strongermovie.com/store](http://www.strongermovie.com/store).

# INTRODUCTION

## STEPS TO HOPE AND HEALING

**STEP 1** - Watch the *We Are Stronger* movie (order DVD or digital copies at [www.strongermovie.com](http://www.strongermovie.com))

**STEP 2** - Purchase a copy of the *Going Deeper Workbook* - Physical copy/Ebook/Digital download

**STEP 3** - Join or start a *Going Deeper* Small Group - 3 Options...

**Option A** - Join a *Going Deeper* Small Group in your community

**Option B** - Start a *Going Deeper* Small Group. The Leaders Guide is available through [www.strongermovie.com/store](http://www.strongermovie.com/store)

**Option C** - Join a *Going Deeper* Online Small Group through the Stronger Alliance... Find online groups at [www.strongeralliance.com/groups](http://www.strongeralliance.com/groups)

**STEP 4 - Next Step:** The *Going Deeper Workbook* serves as a bridge to the next step in the healing process. Many Christ-centered programs and resources are available as a followup to *Going Deeper* such as *The Combat Trauma Healing Manual*, *When War Comes Home*, *Reboot Recovery*, *Celebrate Recovery*, *Re-Generation*, and more. We encourage small groups to continue working through the healing process together through one of these options. Find out more at the Stronger Alliance website... [www.strongeralliance.com](http://www.strongeralliance.com).

## BACKGROUND

The *We Are Stronger: Going Deeper Workbook* is designed to accompany the faith-based movie "We Are Stronger." For best results, offer a viewing of the movie to watch as a group. Then follow-up with the 6-week *Going Deeper* small groups.

Chris and Rahnella Adsit – authors of this workbook – have had many years of experience in ministering to those recovering from trauma and PTSD. Robin Murray used the Adsit's books, *The Combat Trauma Healing Manual* and *When War Comes Home*, as resource guides for the movie "We Are Stronger."

The *We Are Stronger Going Deeper Workbook* was written as a follow-up to understand the concepts covered in the film. Carla McDougal, Founder/CEO of Reflective Media Productions and Executive Producer of the movie *We Are Stronger* added the Reflection Questions to the workbook. Each chapter discusses subjects of trauma, offers discussion questions, and focuses on the Biblical path to healing. While it is written with examples from military combat, trauma and a need for healing is universal to all humans. The concepts presented in the *We Are Stronger Going Deeper Workbook* can be applied to trauma recovery in general.

Participants are encouraged to interact and share in the discussion each week. However, if they are more comfortable just listening, give them the freedom to be silent in the group. Forward progress toward healing is the goal.

If participants don't have a local group that they are involved in please visit the Stronger Alliance at [www.strongeralliance.com](http://www.strongeralliance.com) to find an online community.

To purchase more *We Are Stronger Going Deeper Workbooks* please visit [www.strongermovie.com/store](http://www.strongermovie.com/store).



WE ARE STRONGER  
GOING DEEPER: WORKBOOK

# **WEEK 1**

---

CHAPTERS 1-3

[WWW.STRONGERMOTION.COM](http://WWW.STRONGERMOTION.COM)

WEEK 1  
CHAPTER 1

---

## WHAT IS NORMAL?



**Michele:** “It’s just the same old stuff! How many times are we going to have to go through this? How many nights do we have to wake up like this?”

**Vic:** “How many times do I have to say it: when the guys come home, we go through this. This is normal.”

**Michele:** “This is not normal! There is nothing normal about this!”

### WHAT IS NORMAL?

Post-traumatic stress is *normal*.

It is *normal* to be affected negatively by combat.

It is *normal* to be shaken by atrocity, pain, horror, and death.

It would be *abnormal* if a person *wasn't* affected.

It shows that a person is human, and that what happened downrange matters.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

But post-traumatic stress *disorder* (PTSD) is *not* normal. It is very *common*, but none of us feels it's normal. Michele didn't. And deep down, Vic didn't either. And as many as 35% of those returning from Iraq and Afghanistan have or will develop PTSD.<sup>1</sup>

*Everyone* who encounters trauma experiences post-traumatic stress. But when a person gets stuck in that high-alert, defensive mode, when visions of the trauma keep a person up night after night, when annoyances ramp up to explosive rage in seconds, when a person is convinced the next deadly attack could come at any moment, and it hangs on for weeks, months or years, this is not normal.

However...

This is not weakness. This is not cowardice.

This is not mental illness.

This is an *injury*.

And as Vic found out, this injury can be healed.

A person does not have to *stay* stuck. However, there are components of PTSD that will hobble your efforts to get un-stuck. See if you can identify with these competing issues:

You need to talk to receptive, understanding friends and professionals about your trauma...

PTSD will crank up your anxiety every time you try.

You need to get some consistent sleep...

PTSD will wake you up with nightmares.

You need to stay involved with life, hang with good, optimistic friends...

PTSD will make you want to isolate.

You need to set goals, more forward, accomplish things...

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

PTSD will shift you into neutral, take away your ambition, keep you in the past.

So, no one is saying it's easy. But it's good for a warrior to be aware of his enemy's tactics and the terrain on which the battle must be fought. You're learning. And you also should draw upon the assets you have:

- **God**, who created you, and wants to heal you.
- **The Bible**, which will bring truth to counter the lies of hopelessness, strength to counter the wounds of your trauma, and transformation to counter your immobility.
- **Fellow warriors**, who have been there and back, and have your six.
- **Family and friends**, who may not understand all you've experienced but want to walk with you and provide support though the dark valleys.
- **Professional counselors**, who know how to deal with PTSD.
- **Doctors**, who will help you address the physical aftermath of your trauma.
- **Mentors and pastors**, who have oversight for you in the spiritual realm.
- **Exercise**, which will keep your heart, lungs, brain, guts, muscles, and nervous system working better, and help your hormonal imbalances stabilize.
- **Community resources**, which can help you move forward with employment, education, therapy, recreation, household needs, financial help, food, clothing, etc.
- **Opportunities to serve**, which will get your focus off yourself, break you loose from the anchors that may be holding you back, and transfer optimism to those less fortunate.

These are *all* in your inventory of allies, tactics, and weaponry. But allies

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

who are not accessed can't help. Tactics that are not executed are worthless. Weapons that remain in the armory won't defend.

**PTSD IS NOT NORMAL. BUT IT CAN BE BEATEN, IF YOU'LL FIGHT.**

An important element of this booklet – and of the film “We Are Stronger” – is not to try to proselytize or present a trite “religious” fix to a very deep and complex set of difficulties. Our objective is to offer practical solutions that many thousands of warriors and their families have found to *work* over the past few millennia. We are not peddling religion. We are affirming the unparalleled efficacy of a *relationship* with God, made possible through Jesus Christ.

We don't mean to disparage or marginalize other systems of belief. But we don't feel qualified to represent any other views beside the Christian one – it's what we know. Many of the principles in the film and in this booklet are applicable regardless of a person's particular faith philosophy.

Our foundational view is that God is the Healer, and we are *not*. But God wants to partner with us – both the trauma sufferer and their friends and caregivers – to create an environment that will allow God optimal access to his or her body, mind and spirit for the purpose of healing.

Trauma affects us in complex ways. The path to healing will involve physiological, psychological, and spiritual components. If you leave one of them out, it's like going outside the wire not fully loaded.

Go into battle with a full mag.

- 
1. Atkinson, Guetz, Wein, Stanford University and Naval Postgraduate School: “A Dynamic Model for Posttraumatic Stress Disorder Among US Troops in Operation Iraqi Freedom.” September, 2009.

## CHAPTER 2

# WHAT IS PTSD?



Your combat trauma didn't just quietly sneak up on you. It came with a horrendous jolt, or several jolts over a period of weeks or months. Something exploded. You were shot. There was an accident. You saw something horrifying that you never thought you'd see. Buddies died. Maybe you almost did too.

At the moment of crisis, these physical and psychological shocks rattle our brain and temporarily alter the way it reacts and responds to lesser threats. There are good reasons why this happens:

- The reactive, emotional, alarm-triggering right side of our brain temporarily overwhelms the logical, analytical, practical left side of our brain so that we can respond quickly to address the threat and survive.
- If this didn't happen, we might burn precious seconds while our left brain analyzes the situation, files the incoming information into neat categories, ponders the philosophy of why this threat is occurring, and we end up dead. Instead, the right brain shouts, "Less thinking! More ACTION!"
- If the threat isn't neutralized soon, our lower brain takes over. It is in charge of all automatic functions in your

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

body: breathing, heartbeat, digestion, etc. Guess what else is automatic? Staying alive. If this is in question, the lower brain takes over and pops off an amazing cascade of hormones.

- Strength, speed, endurance, and focus ramp up. It's live-or-die time. Instantly we are ready to fight, fly or freeze like we never have before. We will eliminate *anything* that tries to keep us from ending the threat and/or getting to safety.
- Meanwhile, our right brain is recording vivid pictures and video of the event, probably so that we will remember it, and avoid it in the future.

There are two things to know about this:

1. God gave us this reactive pathway so that we could do whatever was necessary to survive. God knows that when our minds or bodies are threatened, this behavior needs to come out or we could die.
2. No matter how hard we might have tried, we couldn't have stopped this reaction. We can't stop our heartbeat by thinking about it. Neither can we fully control our actions when our brain has clicked into this mode.

About 75% of all Americans have experienced at least one traumatic event in their lives strong enough to trigger Post-traumatic Stress. Most people can process the trauma in a short period of time (hours, weeks, a few months) and return to relative normalcy. The idea is, after the threat has passed we need to allow the temporarily-suppressed analysis and emotional responses to surface, address them, bring them into our present mindset, properly file them in our minds, learn from them, and move on.

But if memories of the event are not processed, our mind gets confused. *"Is this a memory, or is this happening NOW and I need to react?"*

If we continue to suppress these poorly-filed memories, eventually our

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

mind and body are no longer content to let the incident slide, and they demand action.

So we start having symptoms – ghosts of the ones we had during the actual trauma. Or we do things our mind thinks we *must* do in order to stay safe “...until we can figure all this out.”

Later, whenever our brain senses that it’s in – or about to enter – a similar threatening scenario because of some sensory trigger (a smell, a sound, a sight, a memory), it quickly opens up the photo album it created during the earlier traumatic event and puts on an intense slide and video show to remind us that we don’t want to go there again. There may be no *actual* threat, but our right brain once again screams, “Threat! React! Fight! Run!”

## PTSD DEFINED

Post-traumatic Stress Disorder is a condition that exhibits characteristic symptoms following exposure to a traumatic event or series of events in the following contexts:<sup>1</sup>

3. **Direct exposure** to a traumatic event(s) such as war, threatened or actual assault or sexual violence, robbery, childhood physical abuse, kidnapping, torture, terrorism, natural disaster, severe vehicle accident, etc.
4. **Witnessing** a traumatic event(s) in person.
5. **Indirect exposure** by learning that a close relative or close friend experienced a violent or accidental traumatic event.
6. **Repeated or extreme indirect exposure to horrific details** of traumatic event(s) in the course of professional duties (e.g. collecting body parts, repeatedly exposed to detailed reports of child abuse, etc.”

## PTSD SYMPTOMS

God has made our brains amazingly complex (which you would expect of an organ composed of 120 billion neurons). Different people respond differently to stress and trauma. However, over the years researchers have been able to identify certain common symptoms that are frequently noted in PTSD sufferers. No one has *all* the symptoms, but they will have a unique mixture from four major categories:

**1. Intrusion** (or Re-experiencing) – Memories and images of the traumatic events may spontaneously intrude into our minds, causing intense or prolonged distress or physiological reactions. They can be so vivid we might believe the trauma is reoccurring.

- Nightmares
- Sleepwalking; sleep fighting
- Unwanted daytime memories, images, thoughts
- Flashbacks
- Fixation on the event, living in the past
- Panic attacks
- Spontaneous dissociative episodes
- Phobias

**2. Avoidance** – We attempt to avoid any situation, people, or events that remind us of our trauma. We feel numb, emotionless, withdraw into ourselves.

- Intentionally avoiding anyone, any place, or anything that reminds us of the traumatic event
- Physical/emotional reaction to things that remind us of the traumatic event

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

- Self-isolating; dread of social interaction
- Anxiety in crowds, traffic
- Very reluctant to talk about our traumatic event
- Substance abuse to “numb” ourselves (drugs, alcohol, food)

**3. Cognitions and Mood Alterations** – Profound negative changes in how we view ourselves and the world.

- Reduced cognitive ability (slow thinking, confusion, poor problem-solving, poor memory)
- Inability to recall key features of the traumatic event
- Persistent, negative trauma-related emotions (fear, horror, anger, guilt, shame)
- Persistent, negative distorted self-image (“I am bad.”)
- Persistent, negative distorted view of the world (“The world is always dangerous.”)
- Persistent, distorted blame of self or others for causing the traumatic event
- Lack of interest or motivation regarding employment, recreation, hobbies, sex, exercise
- Relationships that were once close are now strained, cold, distant; feeling detached, estranged
- Neglect/abandon personal care, hygiene, nutrition
- Emotional numbness, flat, can’t get happy or sad
- Inability to trust others

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

**4. Arousal and Reactivity Alterations** – Always on the alert, ready to open up a can of whoopbutt at a moment's notice.

- Anger, irritability, “short fuse,” fits of rage
- Hypervigilance, always need to be armed with knife or gun
- Easily startled, react to loud noises, jumpy
- Substance abuse to “un- numb” our self
- Trouble falling asleep or staying asleep, night sweats
- Accelerated heart rate, respiration, heart palpitations for no reason
- Physical fatigue, always tired
- Question/abandon faith; feeling of being betrayed or abandoned by God; mad at God
- Becoming violent; provoking fights
- Homicidal thoughts
- Suicidal thoughts, attempts
- Anniversary reactions
- Adrenaline junkie
- Self-mutilation, cutting, excessive tattooing

## TRAUMA SPECTRUM

When a person experiences a traumatic event, it doesn't mean that they will immediately zip up into full-blown PTSD. Reactions to trauma can lie anywhere along a spectrum of intensity and duration.

**MILD**

**SEVERE**



But here's a rule of thumb: the further you are to the Mild end of the spectrum, the more likely you will experience healing without too much trouble over time. But the further you are to the Severe end, the more likely you will continue to drift that direction unless you become intentional about getting help.

- 
1. American Psychiatric Association: *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*. Washington, D.C.: American Psychiatric Publishing, 2013). pp. 271-280.

# FOUR OTHER GATES



There are usually several gates through which you can enter a compound in a combat zone. You don't have to try scale the fence or cut the razor wire. The gates are available.

And there are several ways that trauma can gain access to our lives besides the typical ones mentioned in the previous chapter. They enter in ways different from PTSD, but their effects and symptoms are very similar. However, this doesn't mean that they are resolved in similar ways.

## 1. TRAUMATIC BRAIN INJURY (TBI)

This is a physical injury to the brain as the result of a concussive impact. Many call this the “signature injury of the Global War On Terror” due to the proliferation of IEDs. The DOD estimates that 22% of all combat casualties from these conflicts are brain injuries – over 300,000 diagnosed so far (no telling how many undiagnosed cases there are). There are three types of TBIs:

- **Closed-skull injury:** The force of a powerful blow or an explosion can launch the brain on an internal collision course with the skull. Result: an injured brain inside an intact skull, and no outward signs of physical injury.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

- **Open-skull injury:** A projectile, such as a bullet, shrapnel, or fragment of a fractured skull penetrates the brain, causing bruising and bleeding.
- **Blast-Induced TBI (bTBI):** The shock wave released by an explosion can pass through a person's body and brain dozens of meters away, damaging neurons, blood vessels, and organs. Again, no outward signs of physical injury. Recent research indicates that bTBI may be far more common and significant in OIF/OEF combat veterans than previously thought.

A very difficult aspect of TBI has to do with diagnosis. Unless there is an open-skull injury, there may be no physically-observed reason to suspect a TBI. The symptoms are very similar to PTSD, except for the following ones which are *not* part of a PTSD diagnosis:

- Headaches
- Nausea
- Dizziness/vertigo
- Balance problems
- Ringing in ears
- Difficulty reading
- Visual disturbances
- Lack of forethought
- Obsessive/compulsive
- Inflexible in thought
- Sensitivity to light, touch, sound
- Gets lost often
- Slowed motor skills
- Speech problems
- Seizures
- Losing sense of taste or smell

There are ways to diagnose TBI medically. However, treatment of TBI is not very advanced. It's important to note that, because it is a physical injury, the treatment of TBI is different from the treatment of PTSD.

A person may be diagnosed as having PTSD, when in fact he/she may have TBI, or may have both.

## 2. CUMULATIVE STRESS

A person may return from a combat zone and think, “I was never a trigger-puller, never in an explosion, never even fired upon. And yet I have the same symptoms of someone who was. How can this be? It’s bogus for me to feel this way!”

Not true. The symptoms that non-trigger-pullers develop after having been in theater can be identical and just as severe as those a firefight participant develops. This happens as a result of frequent and chronic exposure to stress-producing incidents over an extended period of time. It accumulates. Truck driver – every time you went outside the wire, you knew you could be ambushed. Mechanic – every day you woke up knowing that your compound could be mortared. MP – you knew that Taliban operatives posing as allied soldiers could frag you at any time, even if they never did. The stress builds, and if it isn’t dealt with, the body and mind respond as it would to any threat.

Long-term burdensome assignments, exhausting work tempo, inadequate or interrupted sleep, on-going conflicts with fellow soldiers or command, stressful situations back home, rapid technological advances, position insecurity, increased specialty responsibilities can all contribute to a breakdown in your resiliency.

## 3. DERIVATIVE STRESS

This is a non-medical term that describes strong, long-lasting emotional reactions which derive their impact from trauma that didn’t directly happen to them, but happened to another person. There are three types:

**Secondary Traumatic Stress** – An negative emotional response when something traumatic happens to another person you deeply care about, or when their symptoms negatively affect you, generating similar symptoms in you.

**Burnout** – The physical, mental and emotional exhaustion experienced by someone who cares for those in great need for extended periods, usually in a high-stress environment.

**Compassion Fatigue** – When the empathy and compassion one feels for those suffering from the consequences of traumatic events gets overloaded, resulting a pervasive negative attitude, feelings of self-doubt, and a desire to quit or flee.

## 4. MORAL INJURY

This rapidly-developing and substantiated condition is caused by committing, failing to prevent, bearing witness to, or learning about acts that transgress your deeply held moral beliefs. This may include participating in or witnessing inhumane or cruel actions, failing to prevent the immoral acts of others, as well as engaging in subtle acts or experiencing reactions that, upon reflection, transgress your moral code. It could involve:

- Betrayal (leadership failures, betrayal by peers or trusted civilians)
- Failure to live up to one's own moral standards
- Disproportionate violence (mistreating enemy combatants, acts of revenge)
- Incidents involving civilians (destruction of civilian property, assault)
- Within-rank violence (military sexual trauma, friendly fire, fragging)

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

The symptoms of Moral Injury can appear very similar to PTSD or TBI – again, complicating the diagnosis. Here are some of the classic symptoms of MI:

- Loss of meaning
- Guilt/shame
- Loss of sense of reliability of the world
- View themselves as bad
- Sense of worthlessness
- Abandonment of previously held moral values
- Abandonment of religious practices
- Emotional distance from friends and family
- Withdraw from communication
- Distrust of authority
- Self-sabotage
- Self-harm

Here are two significant difference between MI and PTSD:

1. MI is a guilt/shame response to a transgression; PTSD is a fear response to danger, stress and trauma.
2. In MI, I see myself as the perpetrator, the one who killed or failed to prevent injury; in PTSD, I see myself as the victim, the one targeted or injured.

According to recent studies, combat guilt is the most significant predictor of both suicide attempts and suicide preoccupation.<sup>1</sup> If this is something that you struggle with, don't minimize it! It is *vital* that you not only take this to God, but that you also take it to a trusted counselor – especially one who has been trained in dealing with Moral Injury.<sup>2</sup>

## THE WAY OUT

So many of the difficulties that feed our trauma symptoms have to do with *memories*. It's not so much the incident itself that generates stressful reactions, but our perception of or reaction to the event – and how we remember it.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

There are three basic types of memory:

**Procedural memory** – learned activities that we do automatically, like walking, riding a bike, tying a shoe, or spelling “cat.”

**Semantic memory** – involves remembering concepts, words, facts, data, and other bits of knowledge, trivia, etc., like quoting the Lord’s prayer or Pledge of Allegiance.

**Episodic memory** – memory of an event that occurred in our lives, usually engaging the senses, including images, feelings, behaviors and meaning, like “Remember the time we went body-surfing in Hawaii?” “Remember when we were ambushed outside of Ramadi?”

Traumatic soul wounds are episodic memories – very negative ones, in dire need of processing and integration into our lives, values, beliefs and sense of well-being. The best way to lessen the impact of a negative episodic memory is with a more powerful *positive* episodic memory.

How do you remember your traumatic events? For many people, one glaring omission in their memories often has to do with God’s presence. Where was He? Why did He allow this to happen to me? Let’s look at this issue, and make a memory...

- 
1. Maguen, Luxton, et al. “Killing In Combat, Mental Health Symptoms, and Suicidal Ideation in Iraq War Veterans.” *Journal of Anxiety Disorders*, 25, 563-567. January, 2011.
  2. For a great resource on this subject: Litz, Lebowitz, Gray, Nash. *Adaptive Disclosure – A New Treatment for Military Trauma, Loss, and Moral Injury*. Guilford Press, 2016

# WEEK 1

---

## Reflection Questions

Read Chapter 1-3

Focus Character: Vic

How can revisiting traumatic memories help you move toward healing?  
Journal your thoughts.

---

---

---

---

---

---

---

---

---

---

No one wants to purposely bring on emotional pain unless they are motivated to do so by something more important than avoiding the pain.

In Vic's life, who were the people negatively affected by his refusal to work toward healing?

---

---

---

---

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

What or who motivated Vic to begin the healing process?

---

---

---

---

---

What or who motivates you to continue working toward healing in your life?

---

---

---

---

---

The focus verse for *We Are Stronger* is Psalm 147:3, “God heals the brokenhearted and binds up their wounds.” How does this verse apply to your life or someone you know?

---

---

---

---

---

## SPIRITUAL STEPPING STONES TIMELINE

In the back of this workbook is a page titled **Spiritual Stepping Stones Timeline**. Over the next few weeks, you will develop a spiritual timeline of your life. In the Bible, stones were used as markers to remind God's people of His faithfulness.

Read Joshua 4:1-9. After wandering in the wilderness for 40 years, the Israelites experienced the power of God when He rolled back the waters of the Jordan River, enabling them to cross over and take possession of the Promised Land. The Lord told Joshua to command twelve men (one from each tribe) to each take a stone from the middle of the Jordan River and carry their stone to the other side. They did as Joshua commanded. Joshua used these stones to build a memorial as a public testimony of God's faithfulness to rescue and care for them.

Mark on the timeline, the day you were born. Then add all the places you've lived so far.

## CHALLENGE FOR THE WEEK

Write out Psalm 147:3 on a card and place it in a visible area. Memorize this verse. Write a prayer asking the Lord to help you trust, believe, and apply this verse to your life.





WE ARE STRONGER  
GOING DEEPER: WORKBOOK

# **WEEK 2**

---

CHAPTERS 4-6

[WWW.STRONGERMOMIE.COM](http://WWW.STRONGERMOMIE.COM)

---

WEEK 2  
CHAPTER 4

---

# WHERE WAS GOD?



Some of the strongest, most faith-filled, godly people in history have asked this question. Even Jesus Christ cried out from the cross...

***My God! My God! Why have You forsaken Me?"***

-Matthew 27:46

When a person experiences a horrific event, when evil seems to triumph, when the innocent are harmed, when a random, unexpected event results in destruction and death, it is a natural human tendency to ask, "Where was God? If He is all-powerful and loving, why didn't He prevent this?"

This line of inquiry is natural, and *normal*. So what's the answer?

## FREE WILL

One of the foundational characteristics of God repeated throughout the Bible is that He loves us. A corollary of this characteristic is that He has given us free will and will not violate it. He won't force you to do anything. He didn't make a planet of puppets who will do His bidding when He pulls the right strings. Because He loves you, what He wants more than anything in the universe is *your* love, sent back to Him of your own free will. If we are forced, it's not love at all. It's *physics*: simple action and reaction.

## LOVE REJECTED

*“We do not want this man to reign over us!”*

That’s from a story Jesus told in Luke 19 about how He was going to be rejected as King. The story came true a few days later.

*“Away with Him! Away with Him! Crucify Him! We have no king but Caesar!”*

The people didn’t want God – or His son – as their ruler, so they killed Him. But this was nothing new. People have been rejecting God’s rule in their affairs since the beginning of time. Mankind said, “No” to God at the first opportunity, and we’ve been saying “No” ever since – as a species, as nations, and as individuals.

God reaches out to each one of us and asks, “May I be your Shield, your Guide, your Guardrails, your Sustainer, your Companion, your Comforter?” And every one of us at one time or another has replied, “Nice idea, but no. I would rather do as I please.”

God didn’t change His mind about respecting our free will. He granted our wish. He backed off. But not very far. He’s always there, always ready to respond, always reaching out – but out of our way. “We don’t need Him. We can handle things just fine by ourselves.”

## HOW ARE WE DOING?

Consider just the last half of the 20<sup>th</sup> century. After the Nazi’s exterminated six million Jews and six million Christians and gypsies in concentration camps during WWII, the world vowed, “We will *never* let that happen again!”

However...

- Between 1958 and 1961, Mao Zedong orchestrated the starvation deaths of at least 20 million Chinese.
- In 1972 intake ducts in the dams of the Nile were plugged

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

with the bodies of more than 300,000 Ugandans whom Idi Amin murdered with impunity.

- Between 1975 and 1978 Pol Pot executed two million of his own Cambodian people.
- In 1984, Saddam Hussein gassed thousands of Kurdish families in northern Iraq.
- During three months in 1994, over a million Hutus and Tutsis hacked each other to death in Rwanda and Burundi.
- In 2001, Osama bin Laden orchestrates an attack on the World Trade Center, killing 2,977 civilians.
- In 2009 Boko Haram rises in Nigeria. 15,000 have been killed, more than two million displaced.
- In 2011 civil war breaks out in Syria. So far, 400,000 have died, 11 million have fled their homes.
- In 2013 ISIS rises, killing thousands, enslaving thousands, and forcing more than 1.6 million to flee.

More innocent men, women and children have been murdered through genocide in the 20<sup>th</sup> century than have been killed in all the previous wars in history combined. And as this carnage spreads and defines the modern world, men continue self-assured at the helm, and are mostly not interested in God's help.

And here's the irony: we tell God to get lost, then blame *Him* for our unimaginable inhumanity toward each other.

As one Auschwitz prisoner remarked bitterly to his friend, "Where is God?" The other, pondering their sadistic guards and the unresponsive world, replied, "Where is man?"<sup>1</sup>

You may be thinking the same thing. "Where was God when I experienced my trauma?"

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

The answer is: He was right there though you couldn't see Him, ready to act in a way and at a time that is often elusive in the heat of the moment. He wept over your losses, and over the other victims around you – just as He did at the tomb of His dead friend Lazarus. He is biding His time until the day He will judge and eliminate all evil and those who practice it. But in the meantime – right now – He is walking beside you and anguishing over the pain you are experiencing. And He wants to help.

## THE REDEEMER

This may or may not have occurred to you, but even if you were injured or wounded, you lived. And if you'll let Him, He will factor that great trauma into your present and future, and bring *good* out of it. He redeemed Lazarus from the tomb; He can redeem your traumatic experiences too.

As you let Him open your eyes to His presence in the midst of your crisis, you'll receive a more powerful episodic memory that will eclipse the previous one, and help bring healing.

The Bible says that God put eternity in our hearts (Ecclesiastes 3:11). Because of this, we *know* there's something beyond this crazy life. We *long* for it. It makes us conclude in our hearts and minds that death is so *unnatural*, and the present evil and suffering are *not right*; yet we are utterly immersed in it.

How can we gain His perspective? How can we heal? That's what the rest of this booklet is about.

- 
1. Os Guinness, *Unspeakable: Facing Up To The Challenge of Evil* (New York: HarperCollins, 2005). p 46.

## CHAPTER 5

# ELEMENTS OF A HEALING ENVIRONMENT



God is the great Healer (Exodus 15:26). Sometimes He heals by a direct, miraculous touch. But more often He prompts us to remove harmful impediments and damaging factors in our lives, and add factors that will optimize the healing principles He has put in each of us to heal physically, mentally, and spiritually. In this second half of the booklet, we'll briefly examine these healing elements:

- **Connecting with God**
- **The Bible**
- **Prayer**
- **Community - Telling Your Story**
- **Dealing with Loss - Grief**
- **Forgiving Others**
- **Forgiving Yourself**
- **Service**
- **Mindset**

## ELEMENT SELECTION

Can you pick and choose which to include? Sure. But it depends on your objective: status quo, or Post-traumatic Growth?

We all have a general idea of what it takes to grow a field of corn. We need good ground relatively free of rocks, nutritious soil, maybe a little fertilizer and pre-emergent pesticide, an irrigation system, water, sunshine, weather that's warm but not too warm, and a way to keep the bugs and birds from eating the crop. We *could* skip a few of those elements, and the corn *could* still grow, but not as well, and without producing as great a crop. The more of those elements we include, the better the end result will be.

It's the same idea with your healing environment. The more of these Healing Elements you include in your life, the quicker and more completely you will heal, and the more pronounced will be your Post-traumatic *GROWTH*.

CHAPTER 6

---

## HEALING ELEMENT 1: CONNECTING WITH GOD



Of all the elements that we could recommend for your Healing Environment, establishing a relationship with God through Jesus Christ is the most powerful.

This goes back to the point about free will. By willingly *choosing* to ask Jesus Christ to come into your life and take His position as your Lord and Savior, this opens up the conduit of healing like nothing else we have seen. He won't barge His way in, but He will respond to your invitation.

You may already have established a relationship with God sometime in the past. This may be a good time to re-commit yourself to Him.

But if you have never taken this step before, here are four things to know:

**1. God loves you, and created you to have a personal, direct, eternal relationship with Him.**

*For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. – John 3:16*

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

*I have come that they might have life, and have it abundantly.*

– John 10:10

What keeps us from experiencing this relationship?

**2. Every one of us has individually made the choice to disobey God, separating us from Him.**

*All have sinned and fall short of the glory of God. – Romans 3:23*

*But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear. – Isaiah 59:2*

The word “sin” was originally a Greek archery term, describing the distance between the bullseye on a target, and where the arrow actually lands – thus, the “sin” of the arrow. Even though we may be shooting at God’s perfect vision for us, every one of us is missing the mark. “Close” only counts in horseshoes and hand grenades, not before the righteous God of the universe.

Because God is sinless and holy and we have all sinned, there is a great gulf that separates us from Him. Living a “good” life, being religious, or agreeing to a certain set of philosophical propositions all miss the mark, because those actions don’t eliminate the root cause of our separation: our sins. Something must be done about *them*.

In this predicament, not only are we missing His direct help in the here-and-now, if we step into eternity in this separated condition, that’s the way we’ll remain: separated from Him.

**3. Jesus Christ is God’s only provision for man’s sin. Because of His death and resurrection, we can have our sins forgiven, and personally experience God’s love, care, and healing.**

**He died in our place:** *God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. - Romans 5:8*

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

**He rose from the dead:** *Christ died for our sins...He was buried...He was raised on the third day according to the Scriptures...He appeared to Peter, then to the twelve. After that He appeared to more than five hundred... - 1 Corinthians 15:3-6*

The fact that Jesus Christ literally rose from the dead as He said He would – and never again died – validates His claim to be the Son of God, the Messiah, the Eternal King, and the Savior of the world.

**He is the only way to God:** *Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father but through Me. – John 14:6*

**4. We must individually receive Jesus Christ into our lives as Lord and Savior. In this way, His sacrificial death applies to our sins, and removes the separation between us and God.**

**We must receive Christ:** *As many as received Him, to them He gave the right to become children of God, even to those who believe in His name. – John 1:12*

**We receive Christ through faith:** *By grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast. – Ephesians 2:8,9*

Receiving Christ isn't like joining a club, switching philosophies, or signing up for an insurance policy. The Bible describes it as being “born again” into the realm of the Spirit of God. We've all been born physically, but we need to be born spiritually too. Read John 3:1-8 to observe Jesus explaining this to Nicodemus, a very religious man. By receiving Christ into your life, you are being born into God's eternal family – a relationship that will never end.

**We receive Christ by personal invitation:** *[Christ speaking:] Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him. – Revelation 3:20*

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

Receiving Christ involves turning to God from self (repentance) and trusting Christ to come into our lives, to forgive our sins, and to help us heal and grow. Since it was by an act of our will that we originally became separated from God, it is by an act of our will that we can become reunited.

If you have never done this before – or feel the need to renew your commitment to God – following is a suggested prayer. What's important is the attitude of your heart, not these specific words...

***Lord Jesus, I want to know you personally. Thank you for dying on the cross for my sins. I open the door of my life and receive You as my Savior and Lord. Thank you for forgiving me of my sins, and giving me eternal life. Help me heal, and make me the person you want me to be.***

If you prayed this prayer and truly meant it from your heart, He has come in! And with Him He has brought His power, insight, direction, and eternal life!

*[Christ speaking]: Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life. – John 5:24*

*The testimony is this, that God has given us eternal life, and this life is in His Son. He who has the Son has the life; he who does not have the Son of God does not have the life. These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life. – I John 5:11-13*

# WEEK 2

---

## Reflection Questions

Read Chapter 4-6

Focus Character: Tommy Ortel

Locate a Bible. If you don't have one, you can download the free Bible App on your phone, ask a local church if they have any they give away, or you can buy one at a bookstore, or online.

In *We Are Stronger*, Tommy says, "God loved us enough to give us free will." After reading chapter 4 and recalling Tommy's small group scene in the movie, write your thoughts on God's love for you and free will. (Look at 1 John 4:7-11; John 3:16 for greater understanding of God's love for you.)

---

---

---

---

---

---

---

---

---

---

In the movie, *We Are Stronger*, actor and military veteran, Don Ortolano, plays the role of Tommy Ortel. The small group scene where he shares his story is actually Don's real-life testimony. Totally real, raw, authentic, and filmed in **one** take. How does knowing Tommy's story encourage you to share your story with others?

---

---

---

---

---

---

---

## CHAPTER 6: HEALING ELEMENT 1: CONNECTING WITH GOD

At the beginning of Chapter 5, is a list of the **9 Elements of a Healing Environment**. Can you recall the first time you connected with God? Tommy's moment was at the Oklahoma City Memorial when he walked up to the statue of Jesus. He wondered, "Where were you that day, God?" Then he read the words at the bottom of the statue that said... Jesus wept. Immediately, God opened his heart of understanding.

### SPIRITUAL STEPPING STONES TIMELINE

On the Spiritual Stepping Stones Timeline page in the back of this workbook, please write the date or approximate age -

- You remember your first encounter with God.
- When you said, "Yes" to a relationship with Jesus.
- Mark significant dates or ages that occurred in your spiritual walk. Maybe a time God protected you or someone else you know, possibly the birth of a baby, or a time God answered a prayer.





WE ARE STRONGER  
GOING DEEPER: WORKBOOK

# **WEEK 3**

---

CHAPTERS 7-9

[WWW.STRONGERMOMIE.COM](http://WWW.STRONGERMOMIE.COM)

WEEK 3  
CHAPTER 7

---

## HEALING ELEMENT 2: THE BIBLE



We were created as three-dimensional beings: body, mind, and spirit. We know our bodies need to be fed – most people are familiar with hunger pangs. But our minds and spirits need nourishment too. Our minds are usually fed by things like truth, beauty, information, and friendships. Our spirit – the part of us that relates to God – is fed by the words of God: the Bible.

*Man shall not live on bread alone, but on every word that proceeds out of the mouth of God. – Matthew 4:4*

*Like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation. – 1 Peter 2:2*

Besides keeping you from starving spiritually, why else is it important for you to spend some time every day feeding your spirit with the Bible? Check these verses...

*Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you **prosper and succeed in all you do.***  
-Joshua 1:8 (NLT)

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

*The law of his God is in his heart; his feet do not slip.* – Psalm 37:31

*How can a young man **keep his way pure**? By living according to Your word... I have hidden Your word in my heart that I might **not sin against You**.* – Psalm 119:9,11

If you hold to My teaching, you are really My disciples. Then you will know the truth, and the truth will **set you free**. – John 8:31,32

There are several ways you can feed on God's word. Make sure you engage in all of them, because each one feeds your spirit differently!

**HEAR** – Listening to a sermon at church or via podcast, attending a Bible study, discussing the Bible with friends.

**READ** – Like any book. Open your Bible and read a chapter first thing in the morning or whenever you have time.

**STUDY** – More focused and deeper than just reading. Consulting Bible study aids, cross-referencing, journaling.

**MEMORIZE** – Committing meaningful verses to memory. This will affect your actions and your *reactions*.

**MEDITATE** – Deliberately reflecting on God's word, praying about it, considering how to apply it to your life.

## YOUR WEAPON

In Ephesians 6:14-17 the Bible describes our spiritual armor. God's word is called the "sword of the Spirit." A sword is both an offensive and defensive weapon. Jesus used His to great effect in His battle with Satan in the wilderness: Matthew 4:1-11. Read it to see how He used the word.

A rifleman is intimately acquainted with every square millimeter of his weapon. Why? Because it will keep him alive. Become just as familiar with this spiritual weapon too, for the same reason.

CHAPTER 8

---

## HEALING ELEMENT 3: PRAYER



No one knows more about how important communication is than a soldier in battle. He needs it to receive intelligence from command, to coordinate his actions with other units, to request resupply and medical evac, and for backup and fire support when things get dicey.

In a spiritual sense, we are also in a battle. It's not one that involves bullets and bombs, but it is just as deadly. If we don't maintain communication with our spiritual command, we will be as vulnerable as platoon deep in enemy territory with dead batteries in our radios.

Prayer is simply communication with God. It doesn't have to be flowery or profound. It doesn't have to be spoken dramatically from a pulpit. It can be as simple as a conversation with a friend, or a text on your phone.

### WHAT TO PRAY ABOUT

The Bible is pretty clear that God is very happy for us to pray about *anything* that we want to.

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. –*  
Philippians 4:6 (NLT)

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

Let's get a little more specific about what God wants us to pray about. Here are just a *few*...

*Give us this day our daily bread.* (Matthew 6:11). This covers your everyday needs: food, clothing, shelter, transportation, employment, medical attention, etc.

*In everything give thanks; for this is God's will for you in Christ Jesus* (1 Thess. 5:18). Express your gratitude to God. Even if a particular event isn't what you'd like.

*If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness* (1 John 1:9). When we realize we have disobeyed God and feel the weight of His conviction, we can come to him in repentance, and He will bring cleansing and relief.

*Give ear to my words, O LORD, consider my groaning. Heed the sound of my cry for help, my King and my God, for to You I pray* (Psalm 5:1,2). Our pain and distress is nothing new to Him. He wants you to voice your frustration – He can take it! Be honest with Him.

## **BUT I WANT ANSWERS!**

God will answer every prayer you pray in faith. Every single one. But remember: since He is God, He gets to decide *how* to answer our prayers. He will answer in one of three ways:

- **Yes** – “I was hoping you'd ask that! Done!”
- **No** – “This would not be good for you. Trust Me.”
- **Wait** – “This is good, but not right now. Be patient.”

His answers will always be what's best for us, for those around us, and for His Kingdom. And since He is all-knowing, loving, and timeless, He ought to know!

CHAPTER 9

---

## HEALING ELEMENT 4: COMMUNITY



*Dr. Dan: “Pain shared is pain divided.”*

When in a war zone, how smart is it to set up a one-person COP? Is it a good idea to engage the enemy if you’re by yourself? Any wonder why they call an individual out alone “sniper bait?”

We mentioned earlier that you are in a legitimate war zone everywhere on planet earth. It’s a battle fought in the spiritual realm (Ephesians 6:12,13) and the stakes are significant, even eternal. You have an adversary who has sworn to wipe you out (1 Peter 5:8). For these reasons, you need battle buddies. You needed them in combat, and you need them now.

God has set up His Kingdom in such a way that requires us to be *not* dependent, *not* independent, but *interdependent*. We draw from and contribute to each other. Just like every cell in our body needs the interaction of other cells around them to sustain life, we need other Christians. Here are a few things we gain from each other:

*Iron sharpens iron, so one man sharpens another* (Proverbs 27:17). A blade without a whetstone will eventually become dull and useless. We are meant to keep each other sharp.

*Two are better than one because they have a good return*

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

*for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up (Ecclesiastes 4:9,10). There is synergy and safety in numbers.*

*Now we who are strong ought to bear the weaknesses of those without strength and not just please ourselves. Each of us is to please his neighbor for his good, to his edification (Romans 15:1,2). By helping our brothers and sisters in need, we strengthen both them and us. No handouts, only a leg up.*

## WHAT HAPPENS UNDERGROUND?

Redwood trees are massive and seemingly invulnerable. They can live 4,000 years and grow to a height of 350 feet. You'll see them majestically settled in the harsh environs of western Oregon and California. But do you know where you'll never see them? In open fields by themselves.

God has ordained that redwood trees always grow in groves because they have shallow root systems. This is handy where there is little topsoil, as it is in the coastal mountains where they live. But without deep taproots, how do they keep from being blown over?

Their root systems grow laterally – not down – enabling them to interlace their roots underground, forming a solid platform that stretches for miles. When the storms come howling down from the heights, they remain standing because they hold each other up.

This is an excellent picture of how the Christian community is supposed to be. This is a stormy world, and as a veteran you have seen some of the worst storms in history. We need to get involved in each other's lives, interlace our "roots," and hold each other up during life's tempests.

# WEEK 3

---

## Reflection Questions

Read Chapter 7-9

Focus Character: Michelle Raphael (Vic's wife)

### CHAPTER 7 - HEALING ELEMENT 2: THE BIBLE (GOD'S WORD)

Read Ephesians 6:14-17 with Matthew 4:1-11. How is the Bible both an offensive and defensive weapon?

---

---

---

---

---

---

---

---

---

---

In your life, how can God's Word be used to help heal you from past hurts or prepare you for spiritual battle?

---

---

---

---

---

---

---

---

**CHAPTER 8 - HEALING ELEMENT 3: PRAYER (COMMUNICATION WITH GOD)**

Prayer is God’s design for His children to communicate with Him. Prayer involves not only talking but also listening and waiting on Him. Prayer is **not** twisting God’s arm to get what we want or manipulating Him. God gives His children the privilege to participate with Him here on earth through prayer.

What are some ways you can begin developing a deeper, more intimate prayer life?

---

---

---

---

---

---

---

---

---

---

Why is prayer an element in the healing process?

---

---

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

---

---

---

---

---

---

---

**CHAPTER 9 - HEALING ELEMENT 4: COMMUNITY**

After reading this section (Community) and the Bible verses associated, journal how this *We Are Stronger Going Deeper* small group is part of your healing journey.

---

---

---

---

---

---

---

---

---

---

**SPIRITUAL STEPPING STONES TIMELINE**

Turn to the Spiritual Stepping Stones Timeline in the back of the book. Mark specific times in your life that were difficult and/or heartbreaking. Sometimes looking back opens the door to understanding. Now, mark dates





WE ARE STRONGER  
GOING DEEPER: WORKBOOK

**WEEK 4**  

---

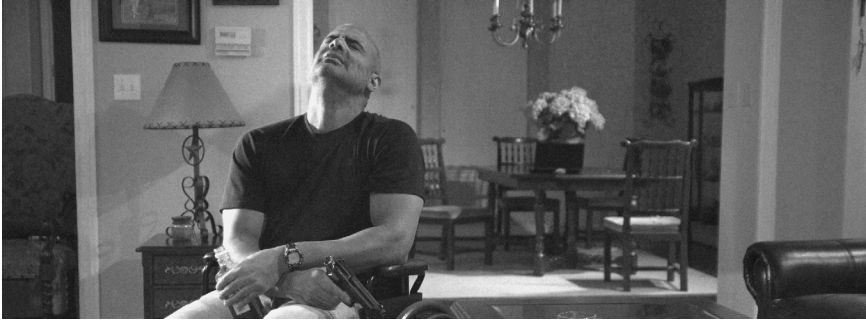
**CHAPTERS 10-12**

[WWW.STRONGERMOVIE.COM](http://WWW.STRONGERMOVIE.COM)

WEEK 4  
CHAPTER 10

---

**HEALING ELEMENT 5:  
DEALING WITH LOSS**



When you were involved in the stress and trauma of combat, there is a strong likelihood that you lost something – perhaps many things. An appendage, mobility, eyesight, hearing, health, ambition, optimism, convictions about God and the world. Friends.

Loss is always accompanied by grief. It's the normal process of natural emotions that we experience after losing something or someone we value.

God built the grief response into us for the purpose of mentally, emotionally, and spiritually processing loss-producing events, integrating those events into our altered world, and helping us move on to a state of greater strength, resourcefulness, resilience, and faith.

**YOU CAN'T HEAL WHAT YOU CAN'T FEEL.**

When we grieve, we are authentically engaging the emotions that come with loss, rather than stuffing or denying them.

At the soul level, we are expressing that we deeply wish the loss had never occurred. We are protesting the injustice of it all, rather than acting like it was OK with us.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

We are facing the impact of the loss head on, absorbing it and eventually mastering it – rather than running from it, deflecting it, or pretending it didn't happen, only to have its effects hit us again and again.

## YOU DON'T HAVE TO EXPERIENCE THIS ALONE

When we experience a traumatic loss, grief is what we *feel*. Mourning is *what we do about it*. It's the action side of grief, the externalizing of our internal pain. Our best plan is to invite Jesus to enter the dark forest of our pain, experience it with us, comfort us in the midst of it, and walk us out the other side of it. He will not be passive during this walk. He's been here before many, many times. He will heal.

*He was despised and forsaken of men, a man of sorrows and acquainted with grief... Surely our griefs He Himself bore, and our sorrows He carried. – Isaiah 53:3,4*

*The Lord is near to the brokenhearted and saves those who are crushed in spirit. – Psalm 34:18*

*Blessed are those who mourn, for they shall be comforted. – Matthew 5:4*

## GOD WILL USE YOUR GRIEF

One last reason why we experience loss and grief: God uses them to make us like Him (compassionate and comforting) and to equip us to help others.

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. – 2 Corinthians 1:3,4*

CHAPTER 11

---

## HEALING ELEMENT 6: FORGIVING OTHERS



Usually when someone has experienced a trauma that involves another person (combat, assault, rape, terrorism, car wreck, etc.), there is a sense of violation. Someone is to blame for this, and someone needs to pay. This energizes our drive for revenge.

In war, the strategy of “fighting fire with fire” works. Meet force with superior force. It’s the only language aggressors understand. If they bring tanks, we’ll bring Warthogs. If we back off, they fill the vacuum and evil triumphs.

But when it comes to interpersonal relationships, it doesn’t usually work. Fighting fire with fire only yields more fire. It leads to needless escalation of tension and no resolution of the problem. And it makes things worse for *you*.

### A DIFFERENT STRATEGY

Except when setting a backfire is warranted, firefighters generally prefer to use a substance that is the opposite of fire: *water*. When we are touched by trauma, and suffer pain and loss at the hand of another (whether accidental or intentional), God has something we can use that is the opposite of revenge – and more effective:

*Do not be overcome by evil, but overcome evil with good. – Romans 12:21*

## WHY FORGIVE THOSE WHO HAVE WRONGED ME?

### 1. FOR YOUR OWN GOOD.

*See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled. – Hebrews 12:15 (NAS)*

If you don't deal with poison oak, it will take over acres of fields and forests. You can't just mow it, you need to pull out the roots. Harboring unforgiveness is like this. The bitterness spreads, filling our hearts and isolating us from others. It's ironic that our bitterness doesn't affect the offender – only us! Unforgiveness is like drinking poison, and waiting for our enemy to die.

### 2. IT'S A CHRIST-LIKE CHARACTERISTIC.

*Father, forgive them, for they do not know what they are doing. – Luke 23:34*

Jesus was undergoing the most monstrous, unjust wounding in history. But rather than demand justice, He extended mercy to His killers. He'll help us do that.

### 3. UNFORGIVENESS BLOCKS GOD'S BLESSINGS TO YOU.

*If you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. – Matthew 6:14,15*

We tend to want grace from God, but judgment for those who hurt us. God wants us to apply the same standards to others that we expect from Him. When we do, it facilitates His blessings to us. When we don't, it staunches the flow of His grace and mercy to us.

CHAPTER 12

---

## HEALING ELEMENT 7: FORGIVING YOURSELF



There are two kinds of guilt: false guilt and real guilt. In both cases, *you* hold the key to forgiveness and relief.

### FALSE GUILT

- **Survivor's guilt** – “I shouldn't have survived when others died.” “If I'd suffered more, others might have suffered less”
- **Role guilt** – “It was my responsibility to keep my men safe. Some died, so I failed at my job. It's my fault.”
- **Involuntary fight/flight/freeze** – “I always thought I was so brave, but I just froze in my tracks.” “I couldn't stop beating that guy who jumped us. I'm disgusting.”
- **By association** – “I'm a soldier; some soldiers commit atrocities; I am among the atrocity-committers.”
- **Competency** – “If only I had acted quicker, more skillfully, smarter – people wouldn't have died.”

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

- **Lose/lose choice** – “We yelled at the woman to stop, but she kept coming. We finally had to shoot her. But I was wrong – no bomb. How can I live with that?”

These scenarios all describe choices where there is *no guilt* as far as the laws of God are concerned. The sense of guilt was based on false premises which Satan ramps up in our minds. It's normal to feel angry, sad, and frustrated about how things turned out, but don't turn that emotion in on yourself. You aren't meant to take the hit for those very unfair and unfortunate events – so don't.

Recognize False Guilt as illogical and irrational, shine a spotlight on its source (Satan), and ask God to remove it from you. God doesn't mean for you to carry that weight.

## REAL GUILT

When you were in theater, you may have done some things that were real, definite, no-kiddin' sins – not like the fake ones listed above. Two things to know:

1. If you're feeling guilty about *real* sins, it's because your conscience is sensitive to God's conviction – that's *good!*
2. You're not alone. *All* of us have sinned. Every one of us has done things that were against the laws of God. The good news: it's fixable.

*We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.* – Isaiah 53:6

## STEPS TO FREEDOM

1. **Confess** – Tell God that you agree with His assessment that what you did was wrong. Ask Him to forgive you.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. – 1 John 1:9*

**2. Repent** – “Turn around and go the other direction.” This has to do with action you may need to take. It may involve restitution. It’s not enough to say, “Oops, sorry. Blew it. Forgive me,” and then repeat the same act again and again. Your action will validate your intention.

# WEEK 4

---

## Reflection Questions

Read Chapter 10-12

Focus Character: Aunt Hazel

This week's homework is the most extensive and time-consuming. It is important that you take time to work through these questions in order to effectively use the information you have learned to move forward in life. Please allow for plenty of time to think through and journal your thoughts this week. No one will read your answers but you, so don't let any "writing anxiety" stop you. You will be encouraged to share with the group next week, but it is not required.

Actress Justina Page plays the part of Aunt Hazel in the movie, *We Are Stronger*. Justina is a real burn survivor. Her storyline in the movie is actually her real-life testimony. Not only did Justina sustain third degree burns over fifty percent of her body but she also lost a twin son in the fire, 22-month-old Amos. She deeply understands loss and grief. On the back cover of her book, *The Circle of Fire*, reads, "Justina discovered that personal tragedy is not a life sentence to despair, anger, and continual pain and suffering. Instead, it can be a lesson in how something positive can be salvaged from every agonizing experience, even when your faith has been truly tried by fire."

## CHAPTER 10 – HEALING ELEMENT 5: DEALING WITH LOSS

### Grief and Betrayal

Grief and betrayal both take time to process. Honestly assessing the situation is vital. Have you experienced loss of a loved one or a relationship? Journal your experience. Consider the answers to these questions as you write. Have you grieved or avoided the grieving process? Did you invite God into that process? Have you invited others with similar situations to share in your pain as you grieve? Talk with God about your

grief. He wants to help you heal and move forward. Remember our memory verse,

“God heals the brokenhearted and binds up their wounds.”  
Psalm 147:3

---

---

---

---

---

---

---

---

---

---

## CHAPTER 11 AND 12: HEALING ELEMENTS 6 AND 7: FORGIVING OTHERS AND FORGIVING YOURSELF

### False Guilt vs. Real Guilt

Journaling helps us unpack our feelings and see things more clearly. As you journal, identify your “false guilt” and “real guilt.” When honestly owning your sin (real guilt), remember there is freedom from it. This is the heart of God—your freedom from sin and an open love relationship with you. That is why Jesus died and rose again—to pay the penalty for your sin so that you can be made right in Him.

Review the steps to freedom at the end of Chapter 12.

Ask God to help you make a list of the losses that you have experienced.

---

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

---

---

---

---

---

### Forgiveness and Forgiving Yourself

Harbored **anger** leads to **unforgiveness** leads to **bitterness**.

Bitterness affects every area of your life. Like a cake, you can add all the necessary ingredients to make the most amazing tasting cake. But, what if right before placing the cake in the oven you add two tablespoons of garlic to the batter. How will that one ingredient affect the whole cake? No doubt, it will smell and taste like garlic. Bitterness affects our lives in a similar way.

What does Hebrew 12:15 say about bitterness? Write out the verse.

---

---

---

---

---

---

---

---

---

---

Do you harbor anger, unforgiveness, or bitterness? Take time to confess it to God. Write out a prayer asking God to help you let go of your anger, unforgiveness, and bitterness.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

---

---

---

---

---

---

---

---

Is there something holding you back from forgiving yourself for previous actions, attitudes, or situations? Why is it so difficult to forgive ourselves?

In the Bible, before Paul became a believer in Jesus, he lead the pursuit of arresting and persecuting those who followed Jesus. One day, Paul was on the road to Damascus when he met Jesus face-to-face. He was struck with blindness. A few days later, his sight was restored and he realized Jesus truly was the Son of God, the long-awaited Messiah. After his conversion, God used Paul in powerful ways to proclaim the name of Jesus, build up the churches, spread the Gospel to the nations, and write many of the books of the New Testament we read today. Jesus forgave Paul for **all** his sins. But, in order for Paul to be used of God, he had to forgive himself and let go of the past.

Find a verse in the Bible about forgiveness. Write it out. As a believer in Jesus, ask God to help you see yourself through His eyes – Forgiven.

---

---

---

---

---

---

---


## **SPIRITUAL STEPPING STONES TIMELINE**

On the Spiritual Stepping Stones Timeline, add the losses you've experienced in your life. Now, add dates or times where you harbored anger, unforgiveness, or bitterness toward someone, a situation, or even God. Do you notice a correlation between the losses in your life and the pattern of anger, unforgiveness, and bitterness?

Record the date/times when you experienced forgiveness... for others or yourself. Maybe today is your first "Forgiveness Day." Mark it down and praise God that His forgiveness is given to us twenty-four hours a day, seven days a week.

## **CHALLENGE FOR THE WEEK**

Download the YouVersion Bible App on your phone or mobile device. Click on the section called "Plans." Scroll down to the category called "Forgiveness." You will find a variety of reading plans about forgiveness. Pick one you feel best fits your life. Commit to reading each day and watch what God does this week. Be sure to mark significant "God Moments" on your Spiritual Stepping Stones Timeline.



WE ARE STRONGER  
GOING DEEPER: WORKBOOK

**WEEK 5**  
CHAPTERS 13-14

[WWW.STRONGERMOTION.COM](http://WWW.STRONGERMOTION.COM)

WEEK 5  
CHAPTER 13

---

## HEALING ELEMENT 8: SERVICE



[Jesus speaking:] *Whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.*

– Mark 10:44,45

Having been in the military, you know something about “service.” When you deployed, you served. Meanwhile, your spouse served on the homefront. In a very real sense, you both made *your* lives available to be a “ransom for many.” You may have made significant sacrifices. You may have lost friends. And though it is *service* that may have gotten you into your present traumatized condition, it is *service* that will help pull you out as well.

Helping others who are hurting provides healing power for those who struggle with PTSD. Virtually every trauma expert agrees on this. There is something about giving of ourselves to those who are having difficulties that empowers us, takes our focus off ourselves, and energizes us.

### **TWO INTERESTING COMMANDS.**

John 11 gives the report of Jesus raising Lazarus from the dead. It blew people’s minds when Jesus gave the command, “Lazarus, come out!” And

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

he did, wrapped in the traditional grave clothes – like 50 Ace Bandages.

The next command Jesus gave relates to you. He said, “Take off his grave clothes and let him go.” The One who raised Lazarus from the dead certainly could have also unwrapped him. But he wanted to involve other people in this miracle. By walking up to this dreadful figure, touching him, unwrapping him, and setting him loose, they were being honored by Jesus, and their faith was strengthened.

You are among the resurrected ones. You died and new life has come to you. You’ve struggled with your own grave clothes, and this has made you profoundly qualified to unwrap the smelly bandages that bind others.

*To everything there is a season, A time for every purpose under heaven: A time to kill, and a time to heal; A time to break down, and a time to build up.*

– Ecclesiastes 3:1,3 (NKJV)

In the past, you may have had to kill, to break down, to do things you never would have done in a normal, civilian context. There was a time for that, but it has passed. A new season has come. It’s a time to heal, to build up, to unbind the afflicted and help them heal. A time for a new kind of heroic, sacrificial service to others.

This not only helps them, but it greatly benefits you, too...

*If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. The Lord will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail. – Isaiah 58:10, 11*

It’s a beautiful, balancing principle of life: no one can try to help another without helping themselves.

CHAPTER 14

---

## HEALING ELEMENT 9: MINDSET



The Army has a plan for helping combat soldiers gain inner strength to face adversity, fear, and hardship with confidence and resolution. It's called *Battlemind Training*. A soldier's mindset is extremely important when it comes to accomplishing the mission and surviving the hazards of war.

In your new mission – healing from combat trauma – there are certain mindset components vital to creating a healing environment. If they are present, you will heal faster; if not, things will slow and stall. The mindset that God wants to produce in you will contain things like faith, hope, love, generosity, humility, and others. All are important, but when it comes to combat trauma healing three are pivotal. These are components of your *New Battlemind*.

### 1. COURAGE

*“Courage is not the absence of fear; it is the making of action in spite of fear.”* – Dr. M. Scott Peck

If you are human, when you were in a war zone you probably experienced fear. Nevertheless, you took action. If you are suffering from combat trauma, every day can provide a new surge of fearful thoughts that

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

threaten to shut you down. This condition exists *not* because you are weak or cowardly, but because you are wounded, and your brain is not processing incoming stimuli properly. But with God's help, as He instills you with His courage to act despite your fears, you *can* conquer them.

You have problems. We all do. But why should *you* feel any reason to be courageous? Because you are vitally connected to the Supreme Problem-Solver of the Universe. And He says to you the same thing He said to Joshua as he took over as leader of Israel after Moses died:

*Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. – Joshua 1:9*

If God has commanded it, it means we have the option of doing it or not. If we choose to do it, He will enable us follow through. He will supply the courage. He will be on our three, six and nine the whole way. We can step out.

## 2. INTENTIONALITY

Combat trauma is a wound. It's causing you pain and crippling you in some ways. Like any wound, it cannot heal if you simply ignore it. It will fester and get worse. But if you make a plan, make decisions, and do what you know is necessary, the wound can heal.

As a servicemember, you are a man or woman of *action*. You know that the best way to stay alive in a live-or-die scenario is to take action. To be passive could mean death – yours, your fellow warriors, or whoever you're trying to help. It's still true today.

Passivity is a common symptom of combat trauma. It's easier to shift it into neutral, put on the parking brake and idle. But that strategy won't get you anywhere.

It's good to *start* with courage, but without intentionality you won't *act* on it. They go hand in hand.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

King David encouraged his young son Solomon to add intentionality to his courage:

*Be strong and courageous and get to work. Don't be frightened by the size of the task, for the Lord my God is with you; He will not forsake you. He will see to it that everything is finished correctly.*

– 1 Chronicles 28:20 (TLB)

### 3. OPTIMISM

The fact is, progress toward “healing” for a combat trauma sufferer is slow and hard. You will have a tendency to focus on your set-backs and stuck-points. You may lie awake at night with accusing thoughts haunting you. “If only I’d done *that!* If only I hadn’t done *that!*”

But with God’s help, you can start focusing on the *good* things you did, the *right* decisions, the *positive* accomplishments. Your life might be characterized by “three steps forward and two steps back.” So, focus on the cumulative total. It doesn’t matter how many times a football team is behind during the game, it’s the final score that counts. And the clock is still running for you.

God has promised to bring you through all this as a victor, which is a good basis for *great* optimism:

*And we know that in all things God works for the good of those who love Him, who have been called according to His purpose. For those God foreknew He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brothers and sisters. And those He predestined, He also called; those He called, He also justified; those He justified, He also glorified.*

– Romans 8:28-30

Notice all the past tense words: foreknew, predestined, called, justified, glorified. All of them are a done deal!

# WEEK 5

---

## Reflection Questions

Read Chapter 13-14

Focus Character: Dr. Dan Jamison, the Counselor

### CHAPTER 13 – HEALING ELEMENT 8: SERVICE

At the beginning of *We Are Stronger*, in the counseling session, Dr. Dan helps Vic understand how PTSD affects the body, mind, soul, and spirit. He points out that the most important aspects are the spiritual component and a community. Dr. Dan encourages Vic to attend his Saturday small group session. Vic finally attends and hears Tommy’s testimony. Afterward, we see a powerful moment take place. Vic offers to drive Tommy to the Mighty Oaks retreat because Tommy has transportation issues. Vic says, “Brother if you want to go to that retreat, I will take you myself.” This is the point in the movie where we see Vic move from focusing on himself to focusing on others. Serving others helps Vic’s healing process.

Write down the ways you can help others. In fact, name someone that you know needs help. Begin by praying for this person or family. Ask God to show you ways to serve and come alongside them.

---

---

---

---

---

---

---

---

---

---

## CHAPTER 14 – HEALING ELEMENT 9: MINDSET

### Courage, Intentionality, and Optimism

The mind is a spiritual battle zone for Satan, our adversary. Once we accept Jesus as Lord and Savior, we are His forever. As a result, Satan knows he can't have us, but will do everything he can to halt us from moving forward in our walk with Christ. Realize the battle of the mind requires **courage, intentionality, and optimism.**

What must change in your life to build courage, intentionality, and optimism into your days to maintain the correct mindset you will need for this battle? (Consider the things that block those things and include the elimination of those barriers.)

---

---

---

---

---

---

---

---

---

---

Write out Philippians 4:8. How can you apply this verse to your everyday life?

---

---

---

---

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

---

---

---

---

---

## **SPIRITUAL STEPPING STONES TIMELINE**

Add to your Spiritual Stepping Stones Timeline a time you served others (served on a mission team, provided a meal for someone in need, visited someone in the hospital, etc.) How did serving others make you feel?

Mark today's date on the timeline. Beside it write "New Mindset" and Philippians 4:8. From this day forward, commit to asking the Lord to help you think on things of God.

## **CHALLENGE FOR THE WEEK**

Connect to the YouVersion App on your phone or mobile device. Click on "Plans" and then "Find Plans." On the menu bar, click "Feelings," and then choose one of the devotional plans for the week. Possible plans could be Anxiety, Healing, Anger, Hope, Depression, Fear, Stress, and Peace.

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

# WEEK 6

REVIEW AND NEXT STEP

[WWW.STRONGERMOMIE.COM](http://WWW.STRONGERMOMIE.COM)

# WEEK 6

---

We Are Stronger Going Deeper

## Review and Next Step

Please complete the Week 6 Reflection Time **BEFORE** you meet with your group for the final Week 6 session.

You completed the *We Are Stronger Going Deeper* six-week study! Take time to review each section. Below, list the 9 Healing Elements and how you have applied them to your life these past six weeks.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

Create a **Steps to Hope and Healing Battle Plan** describing your next step in the healing process. Know that executing this plan will take time and work—but, through Christ all things are possible (Phil. 4:13). Begin researching area support groups and counseling resources. We highly recommend visiting the Stronger Alliance website to find Christ-centered resources, organizations, online support groups, and prayer support.

As you write out your “Battle Plan,” think about these questions: What resources will help you move to the next step of healing from PTSD? What community best fits your needs? Do you need to locate a local support group like Reboot Recovery, Mighty Oaks, CRU Military, Celebrate Recovery, or Re-generation? Possible you’d rather connect to one of the Stronger Alliance Online Support Groups. Check the website to find the one that fits your needs and time schedule. Ask God to help you design this plan of action.

---

---

---

---

---

---

---

---

---

---

**SPIRITUAL STEPPING STONES TIMELINE**

Write a review of your Spiritual Stepping Stones Timeline. Praise God for all He is doing in and through this healing journey.



WE ARE STRONGER  
GOING DEEPER: WORKBOOK

On the other hand, Judas is the disciple who betrayed Jesus by handing Him over to the Jews for money – 30 pieces of silver. In the end, both realized their sinful choices. But, Peter takes the spiritual route for healing his soul wounds, and Judas takes the worldly path and commits suicide.

All of Jesus' disciples watched their long-awaited Messiah and best friend persecuted and crucified by the Jews. In a flash, their hope for eternal life and redemption vanished. Without a doubt, guilt and shame must have plagued their minds. Why? Because they abandoned Jesus in the garden after the Jews arrested Him. To top it off, they blended into the crowd with those who cried out, "Crucify Jesus!" Finally, they witnessed Jesus' slow and grueling death on the cross.

Gripped with fear, the disciples then isolated themselves in a home. Like a dense fog, spiritual darkness covered their hearts. Not only was their hope lost, they feared the Jews would come looking for them. The third day following Jesus' death, at the break of dawn, the disciples hear a knock at the door and a woman proclaiming, "He is ALIVE!" Still doubting, Peter runs to the tomb to see if Jesus' body is there. He finds an empty tomb. Over the next forty days, Jesus appeared to the disciples showering His love, grace, and mercy on them. He brought them the hope and healing needed to move forward. Jesus healed their wounded hearts.

Jesus is still in the business of healing our soul wounds. He understands betrayal, abandonment, and loneliness. Let Him have access to every part of your life. Just like the disciples needed each other, stay connected to a group of believers who truly stand in the gap for each other. Finally, let God use your story for His glory. Be ready to share your testimony with others of how Jesus healed your wounded heart. Your story might be the very thing God uses to bring hope to others.

**REMEMBER... TOGETHER... THROUGH JESUS...  
WE ARE STRONGER**

WE ARE STRONGER  
GOING DEEPER: WORKBOOK

# SPIRITUAL STEPPING

DATE OF BIRTH

---



[WWW.STRONGERMOVIE.COM](http://WWW.STRONGERMOVIE.COM)

# STONES TIMELINE

PRESENT AGE & DATE

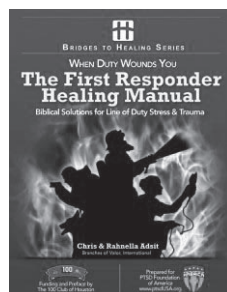
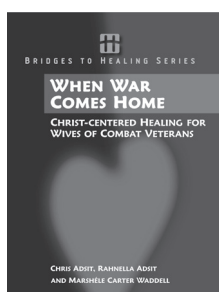
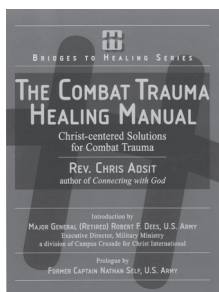
---



WE ARE STRONGER  
GOING DEEPER: WORKBOOK

We hope the *We Are Stronger* movie, *Going Deeper Workbook*, and the *Going Deeper small group* has aided in your healing journey. We encourage you to take the next step and go even deeper in the healing process by using one of these manuals below...

More work may be required for you! You may be interested in going even deeper using one of these manuals.



---

## THE STRONGER ALLIANCE

---

At the core of this film is a ministry initiative known as *The Stronger Alliance* - A place to find Christ-centered resources, organizations, trauma support groups, prayer support, and more. For more information, please visit:

[WWW.STRONGERALLIANCE.COM](http://WWW.STRONGERALLIANCE.COM)

[WWW.STRONGERMOTION.COM](http://WWW.STRONGERMOTION.COM)