

TRAUMA FROM ABUSE RECOVERY GUIDE

When one hears the word “abuse,” what generally comes to mind is physical harm to someone. However, there are many other types of abuse. The common denominator with all abuse is that it is an intentional behavior used by a person to gain and maintain power and control over some portion of another person’s life. Abuse can happen once or become a repeated pattern. We may hurt others unintentionally, however, abuse is always done with intention to harm. Below you will find information on ten types of abuse. There is a lot of overlap, so most examples and effects are listed once even though they may occur other categories.

STEP ONE

Skim through the entire document. If demons are currently oppressing you, be sure to read the section “If Demons are Actively Harassing You.”

STEP TWO

If you can, print out the two lists below, “Types of Abuse” and “Effects of Abuse.” If not, have paper and pen ready to create your list to work from. Take a few long, slow, deep breaths. Prayerfully and slowly, go through the two lists. Cross off any items that do not relate to you now or at any other time of your life. Write down or circle each item that relates to you, whether you were the perpetrator or the victim. Include any one-time events as well as repeated events in which harm was caused to you or another.

After you have gone through the lists, then ask your Inner Spirit to show you any other unresolved issues related to abuse and add them to your list. Others will likely be recalled over the next few weeks.

If any emotions begin to surface, pause and let them release. Make note of any painful memories that surface. Either stop at that time to process that item or come back to it later. Follow your intuition. Full healing will come as the emotions are released. Then you may need to do some forgiveness work, relating to the perpetrator or yourself. Then you can either rebuild the relationship or break any unhealthy soul ties.

The final step is to change your thoughts, words and behaviors that held the pain or erroneous behavior in place. There are many suggestions in this document to help you fully heal and empower yourself. It is also good to include the casting off portion in the prayer to help release and repel any demons that may be trying to hold you back from awakening and creating a strong relationship with Jesus and the Creator.

TYPES OF ABUSE

Physical Abuse	Discriminatory/Cultural Abuse
Sexual Abuse	Financial / Economic Abuse
Emotional Abuse	Modern Slavery
Verbal Abuse	Organizational/Institutional Abuse
Domestic Violence	Self-Neglect

Physical Abuse

Physical Abuse is defined as using physical force to control or harm another person. Physical abuse is never okay and in most countries is considered criminal. Whenever a person purposely harms others, often their background involves some type of abuse or unmet needs. The imbalance often begins during early childhood. The imbalances could be generational, stemming from genetic disorders, learned behaviors, cultural views, mental illness or demonic interference. None of this excuses harmful behavior. However, knowing more of the person’s background can make it easier to forgive and let go of any negative residue towards them. With that comes deeper healing.

Examples of Physical Abuse

Forced confinement / isolation

Create fear: driving recklessly, throws objects

Medication: overdose / underdose

Inappropriate restriction or restraint

Torment: undermining safety and comfort

Food: withholding, force feeding, purposeful contamination

Assault: biting, burning, hair-pulling, hitting, kicking, punching, pushing, scalding, slapping, strangling

Sexual Abuse

Any unwanted sexual contact or behavior. Sadly, sexual violence is common. Some statistics show that over half of women and almost 1 in 3 men have experienced some form of sexual violence during their lifetimes. Sexual abuse can have profound and lasting effects on survivors, including physical health problems, mental health issues, and difficulty forming healthy relationships.

The following is an article that is packed with helpful information to help heal trauma from sexual abuse.

<https://www.helpguide.org/articles/ptsd-trauma/recovering-from-rape-and-sexual-trauma.htm>

Examples of Sexual Abuse

Blackmail using sexually explicit images

Forced to masturbate or forced to watch another masturbate

Inappropriate touching anywhere on the body

Sexual photography / Sexual teasing or innuendo

Withholding or using sex for power and control

Forcing a person to witness sexual acts in person or using pornography

Sexual activity that the person lacks the capacity to consent to

Indecent Exposure / Sexual harassment / Inappropriate gawking

Sexual Exploitation: persuading to post sexual images on internet or mobile phone

Sexual relationship with an authority figure: teacher, pastor, health worker, caregiver

Non- consensual sexual penetration or attempted penetration of the mouth, vagina or anus

Psychological Torment: "You aren't good enough at sex," or "The only thing you're good for is sex"

Emotional / Psychological Abuse

Emotional abuse involves the use of words, non-violent behaviors, or inactions to control, manipulate, or harm another person. Emotional Abuse can be so subtle that victims may not realize they are being abused or they may minimize the severity of the abuse. The victim's reality may become distorted as they internalize the abuse as their own failings. Below are common ways emotional abusers control their victims.

Examples of Emotional/Psychological Abuse

Prevents the expression of choice and opinion

Ignores the needs of their victim / Locks person in room or their home

Social media slander / Restrict use of the toilet

Denies access to mobility or communication aids

Leaving someone unattended when they need assistance

Neglects physical or emotional needs of the person

Failure to respect privacy and dignity /Withholds affection as a means of control

Stalking / cyber bullying / harassing phone calls or texts

Unjustified withdrawal of services or supportive networks
Preventing stimulation, meaningful occupation or activities
Prevents the person from ending relationship / Denies access to religious and cultural needs
Hinders person from leaving the house or attending social gatherings
Extreme mood swings: abuser repeatedly swings from charming to controlling
Restrict access to personal hygiene items / Manipulative, controlling and intimidating
Prevents the person from ending relationship / Denies access to religious and cultural needs
Discourages or prevents the person from spending time with friends, family and other support.
Gaslighting: Abuser manipulates the victim into doubting their own perceptions and reality.
Denies the victim's experiences or feelings, or insisting that their memories are false.
Monitoring: repeated texts to know victim's location, using social media to blame, checking mileage, tracking device on vehicle, etc.

Verbal Abuse

Verbal abuse is a type of emotional abuse. The abuser uses words and gestures to control, manipulate and threaten someone. Below are some common ways that emotional abusers control their victims.

Examples of Verbal Abuse

Screaming / Cussing / Blaming others unrealistically
Shames the person for their thoughts, feelings or actions
Threatens to harm themselves or others if person leaves
Verbal daggers to shatter a person's self-worth and confidence
Blames the victim for perpetrator's own abusive behavior
Threatens to harm / Unfair accusations / Verbal harassment
Constant criticism: appearance, clothes, behavior, choices, etc.
Guilt-tripping / Sarcasm / Trivializing / Dismissive / Name-Calling / Verbal berating
Degrading and insulting remarks / Threatens to abandon the person
Threatens to expose embarrassing info if victim doesn't comply with their demands
Tells victim they deserve to be treated badly / Humiliating, ridiculing or patronizing remarks

Domestic Violence

Behaviors that are threatening, controlling, coercive or violent between family members or intimate partners aged 16 or older. These activities are acceptable in some countries, while criminal in others.

Examples of Domestic Violence

Forced abortion or sterilization
Forceful entry into one's room or home
Physical, sexual, emotional, verbal, financial and psychological abuse
Female Genital Mutilation: procedures which include the removal of part or all of the external female genitalia for cultural or other non-therapeutic reasons.
Honor-Based Violence: Such abuse occurs when families perceive that a relative has shamed the family and/or community by breaking their honor code. Can lead to premeditated murder.
Predatory Marriage: When a younger person marries an older person in order to receive an inheritance.
Forced marriage: One or both of the parties is married without their consent or against their will. A forced marriage differs from an arranged marriage, in which both parties consent to the assistance of their parents or a third party in identifying a spouse.

Discriminatory / Cultural Abuse

Can include some of the features of any of the previously mentioned types of abuses as well as the following due to person's race, age, disability, sexual orientation, religion, cultural differences, political beliefs, marriage and civil partnership, pregnancy and maternity, gender and gender identity.

Examples of Discriminatory/Cultural Abuse

Racial slurs

Derogatory remarks

Substandard service

Harassment or deliberate exclusion

Not letting someone observe the dietary or dress customs of their faith

Unequal treatment

Isolating someone who doesn't speak the dominant language where they live.

Condescending jokes or comments

Threatening to "out" someone as LGBTQ/T if their friends and family don't know.

Denying basic rights to healthcare, education, employment and criminal justice

Financial / Economic Abuse

Using money and resources to control or manipulate someone.

Examples of Financial / Economic Abuse

Misuse of personal allowance in a care home

Theft of money or possessions / Fraud, scams, doorstep crimes

Controlling all of the budgeting in the household

Misuse or misappropriation of property, possessions or benefits

Opening credit cards and running up debts in another person's name

False representation, using another person's bank account, cards or documents

Preventing person to earn their own money, to keep them from leaving

Moving into a person's home and living rent free without agreement or under duress

Denying assistance or access to manage or monitor one's financial affairs

Misuse of power of attorney or other legal authority

Arranging less care than is needed to save money to maximize inheritance

Illegal money-lending / Employees taking a loan from a person using the service

Rogue Trading: unnecessary or overpriced property repairs, failure to carry out agreed repairs, poor workmanship, etc.

Undue pressure, duress, threat or influence put on the person in connection with loans, wills, property, inheritance or financial transactions

Modern Slavery

Traffickers and slave masters use whatever means they have at their disposal to coerce, deceive and force individuals into a life of abuse, servitude and inhumane treatment. Human trafficking involves acts of recruiting, transporting, transferring, harboring or receiving a person for the purpose of exploiting them.

Examples of Modern Slavery

Sexual slavery

Forced labor

Domestic servitude

Forced or willful drug abuse

Sexual Exploitation: escort work, prostitution, pornography

Organizational/Institutional Abuse

This type of abuse includes neglect and poor care practice within an organization or institution providing health or social care, such as a hospital, nursing home, rehabilitation center, care home, orphanage, mental health facility and even in one's own home. Whether you are being abused in an institutional setting or someone you love, you do have human rights. In most countries, these abuses are considered criminal activities. Seek help from authorities or advocacy groups to report the abuse, help to stop the abuse, or allow the victim to move to a safer location.

Examples of Institutional Abuse

Not offering choice or promoting independence

Improper medical assistance for wounds, incontinence, etc.

Abusive and disrespectful attitudes towards clients

Failure to provide care with dentures, spectacles or hearing aids

Insufficient staff or high turnover resulting in poor quality care

Interference with personal correspondence or communication

Failure to manage residents or staff exhibiting abusive behavior

Not taking account of educational, social and recreational needs

Refusal or discouragement of visits or involvement with relatives or friends

Misuse of medication / Failure to respond to abuse appropriately

Failure to intervene in situations that endanger the client

Lack of respect for dignity and privacy / Failure to respond to complaints

Not taking account of individual's cultural, religious or ethnic needs

Ignoring or isolating the person / Failure to provide proper clothing

Not providing adequate food and drink, or assistance with eating

Lack of leadership and supervision / Inappropriate use of restraints

Derogatory and patronizing remarks / Run-down or overcrowded establishment

Authoritarian management or rigid routines fixed around the needs of the staff instead of the individual

Self-Neglect

Self-Neglect is a term used to describe an adult who neglects their hygiene and puts their health and safety at risk. They are unwilling or unable to fully take care of their needs. This is a serious condition and is included here in case you have or had this problem or if you know of someone who does. You may be the person that needs to reach out to find assistance for these vulnerable people. They tend to be elderly, live alone, be depressed, become increasingly confused, have alcohol or drug problems or have a history of poor personal hygiene and unsanitary living conditions.

Examples of Self-Neglect

Non-Intentional Self-Neglect is often caused by poor health. As the individual's health deteriorates one becomes unable to maintain their hygiene or keep their home clean.

Intentional Self-Neglect is when an individual willfully chooses not to bathe, clean their home and take care of their needs. This could be due to an issue of maintaining control such as refusing the help of others or refusing to go into a nursing home.

Diogenes Syndrome is a behavioral disorder, usually associated with hoarding. They tend to refuse help from others or obtain medical treatment. They often deny there is a problem, even though their living conditions are obviously unsanitary and dangerous.

Signs of Self-Neglect

Hoarding / Non-compliance with health or care services
Collecting a large number of animals in inappropriate conditions
No electricity, water due to damage or non-payment of bills
Spending too much time alone or isolated from former activities
Wearing clothes that are filthy, torn, or not suited for the weather
Unexpected or unexplained worsening of health or living conditions
Lack of self-care to an extent that it threatens personal health and safety
Inability or unwillingness to take medication or treat illness or injury
Hallucinations, delusions / Increased dementia, confusion, disorientation
Lack of interest or concern about life / Skin rashes or bed sores (pressure ulcers)
Failure to seek help or access services to meet health and social care needs
Smells of feces or urine / Self-destructive behaviors or significant behavior changes.
Lack of essential food, clothing or shelter / / Malnutrition and/or dehydration
Animal or insect infestation / Inability or unwillingness to manage one's personal affairs
Untreated medical conditions / Living in filthy, unsanitary, or hazardous conditions.
Neglecting household maintenance / Toilet, shower, sinks broken, cluttered or filthy
Absence of needed dentures, eyeglasses, hearing aids, walkers, wheelchairs, braces, or a commode

EFFECTS OF ABUSE

Eating Disorders	Shame
Betrayal	Bullied
Condemnation	Defeatism
Depression	Unworthiness
Despair	Discouragement
Doubt	Indecision
Embarrassment	Gloom
Grief	Guilt
Heartbreak	Heaviness
Helplessness	Hopeless
Humiliation	Risky Activities
Inadequacy	Inferiority
Insecurity	Loneliness
Loss	Low Self-Esteem
Mistrust	Oppression
Persecution	Self-Accusation
Self-Hatred	Self-Pity
Self-Punishment	Self-Harm
Sorrow	Timidity
Torment	Victim
Insomnia	Anxiety
Fear	Substance Abuse
Flashbacks of the Abuse	Fear to Start Relationships
Suicidal Ideation	Emotionally Numb
Feeling Silenced / Not Heard	Chronic Pain
PTSD	Feel like Deserves the Abuse
Negative Self-Image	Lack of Confidence
Loss of Freedom	Loss of Individuality, Sense of Self
Emotionally Numb	Walk on Eggshells
People-Pleasing	Give Up Activities You Enjoy
Lose Sense of Independence	Become Co-Dependent
Weight Loss or Gain	Constantly Feel Threatened
Nightmares	Unhealthy Relationships
Erroneously Blame Self	Feel Dirty or Damaged Goods
Trouble Concentrating	Bedwetting
Repeated experiences of sexual/physical violence	
Escape: video games, daydream, mindless TV viewing, over work, excessive exercise, etc	

STEP THREE

SUGGESTIONS TO HEAL TRAUMA FROM ABUSE

Quiet your mind and focus on just one item on your list. Ask your Inner Spirit to show you when this behavior or belief first began to manifest in your life. Ask to be shown the root cause that allowed you to take on this emotion, belief or habit. If you start to feel emotional, let them surface. Repressed emotions need to be expressed in order to be released. Ask yourself if this emotion, behavior or belief is still relevant in your life. Pray for help in seeing things from a new perspective so you can heal.

As much as you can, bring the trauma to closure by forgiving yourself and everyone else involved. To effectively keep this door closed, set steps in motion to keep this out of your life. That may include getting rid of items in your home, changing behaviors, letting go of certain people, seeking professional help, etc.

The goal is not only to heal all issues, but to also discover any “doors” that may be making you vulnerable to demonic interference. Most therapies don’t include the releasement of entities. Yet, without this important piece of the puzzle, one may not realize just how much they are being oppressed. A lot of negative thoughts pushing you down, don’t belong to you.

While working through this lesson, each day that you are able to come to a greater understanding and let loose of stuck energy, follow up with the Releasement Prayer in Step Four. This will bring you into closer union with Divine Love, allow you to heal deeper and hopefully close that door to demon interference.

Following are several suggestions to help you increase self-love, get to the core root of your trauma, release the emotional pain and make choices so that you can have a happy, fulfilling life. Healing from trauma is a lifetime process, but well worth the effort. Be sure to always balance your “inner work” with things that are fun and uplifting. Enjoy the journey to wholeness!

SELF-DISCOVERY

- * Do online research related to the specific types of abuse you have experienced.
- * Use the Inner Child Healing meditation to talk to your inner child. Assure “hurt you” that you are of value. If you have mind fragments or sub-personalities, let them know they are needed for you to be whole. Help the fragments to heal the trauma by seeing the reality of the current situation.
theresacrabtree.com/inner-child/
- * Use your traumatic experiences as a learning tool. As objectively as you can, notice if there were some “red flags” that you ignored. Ask others for constructive feedback.
- * Observe the behaviors of others, noting what they do that draws positive people to them, then mimic those behaviors.
- * Be responsible for any actions on your part that caused or exacerbated the abuse. Healing the wounds is your responsibility, so take charge of your life.
- * If there is a repeated pattern of abuse, look to see if your early experiences have created a cyclical pattern in which you are drawn to abusive people.
- * When someone abuses you, especially as a child, recognize that you are not the problem. Acknowledge that there may be reasons why they lash out that has nothing to do with you.
- * Abuse and the resulting effects of trauma are a part of life. Sometimes what causes us the greatest pain can become our greatest blessing. Try to keep a positive outlook as you change your weaknesses into strengths. Don’t be afraid to leave your comfort zone, there are better things waiting for you.

EMOTIONAL HEALTH

- * Be patient with yourself. The effects of trauma are often like layers of an onion, especially when the trauma began in early childhood. Healing takes time. Begin to peel off each layer and release what no longer serves you.
- * If the trauma is new, allow yourself time to go through the grieving process, but don't let it consume you. Know that this will pass and better things are on the way.
- * Acknowledge and own the trauma without minimizing or burying the emotional wounds. Name what happened and identify how you feel about it. Let go of blaming yourself or creating negative lies such as "I deserved this." Accept what happened so that you do not let this pain rule your life.
- * Be authentic. Train yourself to stop worrying about what others think or say about you. Remember that other people's opinion about you is just that, their opinion. Their opinion does not need to be part of your reality. Don't let others behavior define who you are.
- * Do your best to forgive the person, recognizing that the problem lies with them. Keep in mind that an abusive person in most cases became that way due to their own unresolved issues. The more extreme the abusive behavior is, the more likely there are demons involved. If you looked into the eyes of the perpetrator while they were doing their harmful actions, you may have seen that it was not the person looking back at you. In those cases, the person is fully under control of the demons and the person may have no memory of the event. This does not excuse the behavior, but may make it easier for you to forgive them so that your healing can be complete.
- * Open your heart and allow yourself to give love and to receive love without expectations.
- * Avoid movies, books, news, social media and activities that trigger the traumatic events.
- * Before the abuse escalates, head to the bathroom and take several long, deep breaths until you are calm. This may be all that is needed to diffuse some situations.
- * Allow your emotions to surface. Then when you have a chance, pray and ask to be shown the root cause of what knocked you off balance. Also pray to be shown any false beliefs you adopted in order to cope.
- * Journal your feelings. Consider writing a letter to the abusive person and vent your feelings. Then tear up or burn the letter.
- * Resist the urge to retaliate. This will only escalate matters.
- * Reconnect with old friends, especially if you have isolated yourself
- * Exercise empathy: Anyone who intentionally harms someone is responding from their own wounds. Consider their past and what they are currently going through. Ask them if they are going through something and want your listening ear.
- * Prepare for triggers such as anniversary dates, certain songs, specific smells, thoughts of the perpetrator. Notice your reactions when you have a flashback: tension, anxiety, break out in a sweat, heart racing, fear, etc. Train yourself to respond in a more grounded, healthy manner. Here are a few ideas.
 - Take several long, slow, deep breaths in and out until you feel grounded
 - Remind yourself that the event was in the past and that you have survived that trauma.
 - Tap or lightly pinch your arm to bring yourself to the current reality.
 - Mindfulness Meditation: Observe your body sensations and emotions
 - Pull yourself out of the past by looking around and note your current surroundings. Talking out loud can be helpful such as state the current date and how old you are.

MENTAL HEALTH

- * Keep your focus in the present. As soon as you notice you're dwelling on the past, immediately refocus on something that is more uplifting. At first this may be hard, but with practice, you will retrain your brain, and refocusing will become easier.
- * We are creative beings by nature. Expressing creativity increases one's interest in life and has many health benefits. Consider classes, meeting with like-minded groups in areas such as: writing, painting, drawing, creating music, arts and crafts or anything that you find interesting and uplifting.
- * When negative thoughts arise, practice self-compassion. Don't get caught in a spiral of negative thoughts.
- * When the old tapes start to play, counter them with positive affirmations. I have included several below for you to consider. Add more that fills your specific needs.
- * If you mess up, don't beat yourself up with guilt, shame or blame. Just admit that you don't like the choice you made and plan to do better.
- * Manage your time so that you don't create extra stress with self-imposed timelines.
- * Balance your work and recreational time so that you don't exhaust yourself.
- * Identify and affirm your core values
- * End relationships with abusive friends and partners
- * Trust your intuition
- * Set boundaries
- * Meditation focused on healing the past
- * Volunteer your time doing things that uplift you.
- * Warn the person that you will not tolerate their abusive behavior. Then follow through by leaving if it is safe to do so. Politely end the phone conversation. You can say something like, "Let's make an appointment to take up this matter when we both are calm so we don't say something we will regret."
- * When you are calm, let the person know that their words or actions are hurtful and not appropriate. That you would appreciate more kindness and compassion. An abusive person will dismiss your feelings. Whereas someone who cares about you will apologize and be willing to make amends.

PHYSICAL HEALTH

- * Exercise at a gym or at home using online videos.
- * Take walks in nature by yourself, with friends or groups such as bird watchers.
- * Engage in activities that you enjoy.
- * Join dance or aerobic groups.
- * Get a massage or chiropractic care
- * Nurture your body with relaxing salt baths.
- * Eat nutritious meals. Join a cooking class.
- * Get plenty of sleep.
- * Rest when you need, stay in tune with your body's signals.
- * Keep your body limber with gentle stretches.
- * Rhythmic Movement: dancing, drumming, marching, stretching, walking, running
- * If your days are too busy, see if there are ways you can simplify. Be sure you aren't engaged in unhealthy "people pleasing" activities. Exercise your right to say "no" to things that are not yours to do or that you have no interest in.

SPIRITUAL HEALTH

- * Start each day with prayers to the Creator. Express love to Him and Jesus, then be open to receiving love in return.
- * Express gratitude for the opportunity of another day on earth, even if things are currently rough.
- * Each morning, *feel* gratitude for at least three things in your life. You can do this in your mind or in a gratitude journal.
- * Ask for guidance and offer yourself in service to the needs of others.
- * Read scriptures daily to become more connected to God.
- * Jesus offers tremendous advice on how to live a good, moral life in the New Testament of the Bible.
- * Consider subscribing to a site that sends daily scriptures to your email address.
- * End each day with prayers of gratitude to God. Admit your shortcomings and plan to do better.
- * Embrace comforting messages from the Bible and other writings. I have included several below.
- * Make the Nightly Prayer and Review part of your bedtime routine. Celebrate the things you did that increased your alignment with Divine Love. Look at your unsatisfactory actions and reactions. Without adding guilt or shame, come up with some ideas on how you can do better when a similar situation arises.
- * Incorporate the “Daily Spiritual Practices” into your daily routine.

You can download the Nightly Prayer and Daily Spiritual Practices at the bottom of my website.

SEEK SUPPORT

When one has suffered abandonment and rejection trauma, it can be difficult to build enough trust to connect with others. The fear of more pain can overwhelm one so deeply that it feels safer to isolate. However, that just leads to more isolation and makes blocks forward movement toward healing the wounds.

- * Reach out and create a safe support system. Talking about your experiences and feelings with someone who listens and validates your emotions can be incredibly healing.
- * Join a local church that has a group in your age bracket to build healthy friendships and build your connection with Jesus and God.
- * Join Abuse Support Groups: You can find these locally or online.
- * If you have family members or close friends you can trust, develop a stronger relationship with them. They likely have also had similar hurts and may have some good advice or feedback for you.
- * Join community groups that have like-minded interests. These can be found online, at your local community center and in the newspaper. The best place to make friends is by doing things you love with others who have the same interest.
- * If the trauma is keeping you stuck, consider seeking help from a pastor. Many feel it is a weakness to seek help, yet sometimes a new perspective is what is needed to get past one's barriers.
- * A qualified therapist, especially one who specializes in trauma from abuse can help you heal the trauma, regulate your emotions and learn how to build healthy relationships. They can help you uncover imbalanced coping mechanisms and false beliefs. They can also help you discover if there are underlying causes such as a personality disorder or anxiety disorder that is complicating your life. Reach out for help. You deserve to have a life filled with joy and happiness!

STEP FOUR

When you have processed one or more of your circled items, adapt the prayer below as a way to announce your rejection of what has been released. Even if you don't feel like you have any demons oppressing you, include the section on binding and casting out any demons. It's better to be safe than sorry.

** If you are the parent or legal guardian of a child or adult whose mental capabilities are age sixteen or under, you can intercede for them and include them in the releasement prayer. However, do not use this prayer on anyone else. Otherwise, you may be picking a fight with demons that you have no authority over and no protection against.*

This prayer is designed to be used by people who have a relationship with Jesus and thus have the authority to use his name to cast out demons. If you feel certain that you are suffering from demonic oppression, now is the time to prayer to build a relationship with Jesus. You are going to want Him on your side!

Ask your Inner Spirit, which is your connection to the Creator, to help give you the wisdom, courage and belief that you can break free from the choices you have made and any demonic oppression. Demons know if you have fear or lack of faith and likely will not leave. Repeat the prayer as many times as you need until you feel a release.

Warning!

1. If you have demons that are manifesting violently, it is suggested that you have someone with you when you do the prayer. You may want to fast and pray beforehand to weaken them and strengthen your courage which will help make the process go smoother.
2. If you suffer from Dissociative Identity Disorder (DID) aka Multiple Personality Disorder (MPD), paranoia or schizophrenia, have someone with you when you do the prayer. Most split personalities begin when a person has a rebellious nature blended rejection trauma. Those two personalities may make it difficult to release the other personalities. When the split began during early childhood, one may have some identity issues arise as they begin to meld these personalities back into one.

TRAUMA AND DEMONIC RELEASEMENT PRAYER

Read through the prayer first so you know what is involved.

Then state the following out loud, with conviction.

"Dear Creator, I ask for full healing from the trauma from all abuse that has been inflicted on me. Help me to see any new perspectives that will help me to more fully understand the situation in order for my healing to be complete. I admit that I have (name any offenses you have committed). I know this is against your will. I truly want to stop this behavior. Help me to fully forgive any who have or will consciously or unconsciously cause me pain or harm. I accept your promise of forgiving me to the same measure that I forgive others.

I make null and void any contracts or vows I have made with any and all demonic kingdoms, whether done consciously, ignorantly or that came as the result of demonic deceit. I give no consent for any demon power to continue to harass me, no matter how they have gained admission to my body, mind, emotions and will.

Holy Spirit, I ask that you show me anything else which I need to change, so that I (and my children) may be totally free from the consequences of any unwise choices I have made.

(Pause, while listening as the Holy Spirit leads you.)

Right now, in the mighty name of Jesus Christ, I call to attention every demon power that is in me, attached to me, coming, going or in free circulation or in any way connected in my life. Every demon power, you are now under the authority of the living, resurrected Lord Jesus. I bind you and command that you will not harm or harass me or anyone else associated with me. You will not hide, leave, call others to help or go to someone else. You will not split, divide, multiply, clone, fragment or pass your duties onto any other demon. Any parts of you that are in others or elsewhere, call them back now and unite as one, now. You are commanded to do so in the name of Jesus Christ.

You will repair any damage you have caused me (and those under my care). You will put everything back in order now, in the name of Jesus Christ. I command you to pack all your bags, take any equipment, implants, seeds, energetic debris, and completely pull up and pack any roots you implanted. Take it all with you. Gather your entire kingdom, ranks and all members of your groups connected to me and unite into one. Now, all of you, go directly into the abyss in the name of Jesus Christ.*

Completely and totally release from me now. All demon powers present, go into the abyss now, in Jesus Christ's name. That is a command. It must be obeyed. Go, now!" Michael, I request that you send your angels to be sure they go into the abyss.

By faith, I receive freedom from all demonic influences in my life due to the choices of myself and/or my ancestors, in the name of Jesus Christ. I thank you Father for sending your son, Jesus Christ, with the promise of forgiveness and deliverance from my unholy choices and demonic oppression. Amen."

* If you feel uncomfortable casting them into the abyss, command them to go to the feet of Jesus. They must be taken out of circulation, or else they may return to you or go to someone else.

HOW TRAUMA FROM ABUSE “OPEN DOORS” TO DEMONIC INTERFERENCE

Humans are created with a physical body and a soul that includes emotions and a conscious mind able to make willful choices. These are what demons target. They have one main agenda, to pull humans away from a personal relationship with the Creator. Humans who do not build a personal relationship with the Creator fall prey to demonic snares. Below are some of the ways that humans unknowingly “open doors” to demonic interference related to trauma. It is important to note that if you are experiencing these things, that does not mean you have demons, because many of your thoughts, beliefs and behaviors are self-generated. Influences also come from the thoughts, words and actions of other humans.

Evil was not created by God; Evil is the effect of rebellion against God.

Criminal activity is usually fueled by demons. They start by inciting the person into rebellious acts and minor wrongdoing. When it comes to heinous crimes such as rape and murder, you can be assured that person is demonically “possessed.” Many criminals say that it felt like something took over their body during the crime. They may have no memory of doing the crime. If you look into the eyes of the perpetrator when they are “off,” you may see the demon looking back at you.

PTSD and demonic interference can be very difficult to tell apart. In most cases, they are likely intertwined. It is understandable for memories to trigger emotional responses. And it is equally common for demons to prey off these emotions. A host of problems fueled by demons may result such as self-harm, suicidal ideation, being the target of bullies or becoming a bully.

Childhood Abuse opens doors when suffered at any age. However, abuse during the early developmental period causes great harm. The child has yet to build a strong foundation of love, nurturing, safety, security and individuality. When the wounds aren’t healed early on, they fester like poison, affecting every area of one’s life. Demons prey on these weak areas. They will start harassing young children, often “grooming” them to gain enough trust or control to gain access, then causing as much havoc as possible in their life.

Teenagers are most prone to demonic attachment. There are several factors for this. Demons may project thoughts to undermine the person’s feelings of worth, leading to reckless behavior, including addictions. They can be relentless, projecting thoughts and fueling peer pressure to entice the child into activities they normally would avoid such as getting high or drunk. When trusted family members are the perpetrators, the child may run away, putting them at high risk of falling into the lures of human predators. Teens are also more inclined to join gangs or cult groups, trying to find a place where they belong. Many of these groups have criminally-minded leaders under demonic influence who inflict even more damage.

Repeated Abuse erodes self-esteem and the ability to love or trust others. To gain control of their life the person may adopt inappropriate behaviors. This often leads to either a codependent or narcissistic personality. To make matters worse, when dating begins, the codependent often chooses a narcissistic partner. They fill the voids of each other, yet in unhealthy ways. Repeated abuse also creates fear and false beliefs that lead to unhealthy coping strategies. These can stunt their emotional growth, lead to dissociation and the development of alternate personalities, making them more vulnerable to demonic interference.

Sexual intercourse, both consensual and nonconsensual, with a person who has attached demons often results in demonic transference. Incubi and succubi are sexual predatory demons. They are aggressive, possessive and jealous and will make every attempt to destroy the person’s romantic life. They may push their victims into sexploitation, pornography and anything else that destroys the person’s life.

Unforgiveness leads to anger, bitterness and a host of other demonic induced emotions. This can lead to using witchcraft to seek revenge or other occult practices that give them a sense of power and control. The occult practitioners may or may not realize they are receiving their power and knowledge from demons. Anything that leads a person away from God, makes one more vulnerable to demonic interference.

IF DEMONS ARE ACTIVELY HARASSING YOU

If you have gone through the SoulCleanse, Breaking Ancestral Curses, Forgiveness and Soul Ties exercises and been casting off demons each time, any ones that are remaining will be clinging on tight. They will either hide or try to stop you from proceeding.

Their usual tricks are to project threatening thoughts, nightmares, make your body move or feel like you are being touched in some way. You may feel their anxiety in your body such as a churning stomach or headache. Ignore them as much as possible and allow yourself to dig deep so that you can discover and free yourself from the weaknesses that allow them to oppress you.

They will do what they can to distract you whenever you try to work on your healing. One of their favorite tricks is to make the person feel very sleepy, exhausted or distracted. You can help combat that by saying a prayer and asking Jesus or the Inner Spirit to give you strength and direction to combat them.

Keep a good balance between doing the inner work and enjoying your life. The demons would love to keep you focused on them. Their hope is to wear you down so then can continue to manipulate you.

TOOLS TO WEAKEN DEMONS

*Each demon will respond differently to various methods.
Keep trying different ways until you find the ones that will work most effectively.*

- * Quote Bible verses to show your authority to cast them out by the authority of Jesus.
- * Mention the great miracles Jesus performed.
- * Talk about passages where Satan was defeated in the Bible.
- * Play and sing songs about Jesus or the greatness of God.
- * Say "The Lord's Prayer," the 23rd Psalm or other Bible scriptures.
- * Read or hold the Bible, reminding the demons that Jesus has authority over them.
- * Hold the symbol of Satan's defeat—a cross.
- * If you have water that has been sanctified, sprinkle this on your head while praying.
- * Prayer and fasting while asking for help to cast out the demons
- * Bind the demons, with conviction, out loud say something like, "You, demon who is poking me... sending nightmares... sending thoughts of suicide... (whatever it is doing), in the name of Jesus Christ, I bind you. You are commanded to stop that right now. Be quiet and be still." You may have to repeat it a few times. Then ignore them as best as you can.
- * Repeat the Trauma and Demonic Releasement Prayer.
- * Incorporate the Living Free Nightly Prayer to help keep yourself free from demonic interference.
- * If the demon tells you they do have a right to remain, ask it what that right is. If there is truth to what it says, then cancel that right by renouncing it, then cast the demon out. You will need to be sincere that you are stopping that belief, fear or activity, because the demons know if you are telling the truth. Do not have any further communication with them.

POSITIVE AFFIRMATIONS

As soon as you realize that your mind is replaying old negative thoughts, immediately refocus onto something more positive. Below are some positive affirmations to help retrain your brain and build a more solid foundation of positivity in your life. Add your own below.

I love myself.

I am worthy.

I am a winner!

I am loved by God.

I deserve to be happy.

I am enough, just as I am.

I deserve to be respected.

I am beautiful, inside and outside.

My past trauma does not define me.

New adventures are around the corner.

I deserve respect, love, and care.

I deserve to be treated with kindness.

There are many solutions to each problem.

I know how to say “no” and how to enforce it.

I deserve all the blessings that life has to offer.

I have inner peace and clarity for the next step.

God knows the plan for my life. I have a purpose.

It is safe to trust; I have better discernment now.

I allow my emotions to surface, to release, to heal.

I learn from my mistakes and know how to choose better.

Others may hurt me, but I have enough self-love and respect to overcome.

I forgive those who harmed me, recognizing they are responding from their own pain.

COMFORT WHEN YOU'RE FEELING LOW

No matter how rough your life has been, you are a child of God and are worthy of love. You truly weren't an accident; your life has purpose and meaning. Remember that Jesus also experienced a lot of trauma, but kept his faith in God. When thoughts of unworthiness creep in reflect on these scriptures.

Matthew 6:25-34 Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

Matthew 7:7-8 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

Matthew 10:29-31 Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

Matthew 11:28 Come to me, all who are weary and are heavy laden, and I will give you rest.

Matthew 19:26 But Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.

John 16:24 Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

Romans 5:1-5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

2 Corinthians 4:16-18 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

1 Peter 5:10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Revelation 21:4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Deuteronomy 31:8-9 The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Psalms 34:18 The LORD is near to the brokenhearted and saves the crushed in spirit.

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Jeremiah 17:14 Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.