

TRAUMA FROM ABUSE RECOVERY GUIDE

First, skim through the entire document to gain a general understanding of what will be covered.

When most people hear the word “*abuse*,” they immediately think of physical harm. However, abuse takes many forms. The common denominator in all abuse is intentional behavior used to gain and maintain power and control over some portion of another person’s life. Abuse may occur once or become a repeated pattern. While people may unintentionally hurt others, abuse is deliberate and purposeful harm.

STEP ONE

If possible, print the two lists below: “Types of Abuse” and “Effects of Abuse.”
If printing is not an option, have paper and pen ready to create your own working list.

Take several long, slow, deep breaths. Prayerfully and carefully go through both lists.

- Cross off any items that have never applied to you.
- Circle or write down each item that does apply — whether you were the victim or the perpetrator.
- Include both one-time incidents and repeated patterns where harm was caused to you or another.

After completing the lists, ask your Inner Spirit to reveal any additional unresolved abuse-related issues. Add those to your list. More memories may surface over the coming weeks.

If emotions arise, pause and allow them to surface and release. Make note of painful memories. You may choose to process them immediately or return to them later. Follow your intuition.

Full healing comes as emotions are expressed and released.

You may need to engage in forgiveness work — toward the perpetrator, toward yourself, or both. From there, you can either:

- Rebuild the relationship in a healthy way, or
- Sever unhealthy soul ties.

The final step is to change the thoughts, words, and behaviors that allowed the pain or destructive patterns to remain in place. This recovery guide offers many suggestions to help you fully heal and become empowered.

TEN TYPES OF ABUSE

Since there is considerable overlap among these types of abuse, many examples and effects are listed once even though they may apply to multiple categories.

Physical Abuse
Sexual Abuse
Emotional Abuse
Verbal Abuse
Domestic Violence

Discriminatory/Cultural Abuse
Financial / Economic Abuse
Modern Slavery
Organizational/Institutional Abuse
Self-Neglect

Physical Abuse is the use of physical force to control or harm another person. It is never acceptable and, in most countries, is criminal. Those who intentionally harm others often have backgrounds involving abuse, trauma, or unmet needs. Imbalances frequently begin in early childhood. Contributing factors may include:

- *Generational trauma*
- *Genetic disorders*
- *Learned behaviors*
- *Cultural beliefs*
- *Mental illness*
- *Demonic interference*

None of these factors excuse harmful behavior. However, understanding a perpetrator's background can sometimes make forgiveness easier and allow deeper emotional release — leading to greater 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 includes any unwanted sexual contact or behavior. Sexual violence is tragically common. Some statistics indicate that over half of women and nearly 1 in 3 men experience some form of sexual violence during their lifetime. The effects can be profound and long-lasting, including:

- *Physical health challenges*
- *Mental health disorders*
- *Difficulty forming healthy relationships*

The following article contains valuable tools for healing sexual trauma:

<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 involves words, behaviors, or inactions used to control, manipulate, or harm another person. It can be subtle. Victims may not recognize it or may minimize its severity. Over time, the victim's sense of reality may become distorted as they internalize the abuse as personal failure.

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. is a form of emotional abuse in which words, tone, or gestures are used to control, intimidate, manipulate, or threaten.

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.
Guiltning / 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 *includes threatening, controlling, coercive, or violent behavior between family members or intimate partners aged 16 or older. Some behaviors may be culturally accepted in certain regions, 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 *This includes abuse based on:*

- *Race*
- *Age*
- *Disability*
- *Sexual orientation*
- *Religion*
- *Cultural background*
- *Political beliefs*
- *Marriage or civil partnership*
- *Pregnancy and maternity*
- *Gender or gender identity*

It may overlap with other abuse categories.

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 *involves using money, employment, or resources to control, manipulate, or restrict another person.*

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 *includes trafficking and forced labor. Traffickers use coercion, deception, or force to exploit individuals. Human trafficking involves recruiting, transporting, harboring, or receiving people for exploitation and inhumane treatment.*

Examples of Modern Slavery

- Sexual slavery
- Forced labor
- Domestic servitude
- Forced or willful drug abuse
- Sexual Exploitation: escort work, prostitution, pornography

Organizational/Institutional Abuse *includes neglect or harmful practices within institutions such as:*

- *Hospitals*
- *Nursing homes*
- *Rehabilitation centers*
- *Care homes*
- *Orphanages*
- *Mental health facilities*
- *Private homes providing care*

If you or someone you love is being abused in an institutional setting, remember: you have human rights. In most countries, these actions are criminal. Seek help from authorities or advocacy organizations.

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 refers to an adult failing to care for their hygiene, health, or safety. It may involve: living alone, depression, cognitive confusion, substance abuse or unsanitary living conditions. This is a serious issue. If this applies to you or someone you know, professional support may be necessary.

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 Codependent
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, TV viewing, over work, excessive exercise...	

STEP TWO

SUGGESTIONS TO HEAL TRAUMA FROM ABUSE

Quiet your mind and focus on one item from your list.

Ask your Inner Spirit:

- When did this belief or behavior first begin?
- What was the root cause?
- What allowed this emotion, belief, or habit to take hold?

If emotions arise, allow them to surface. Repressed emotions must be expressed to be released.

Ask yourself:

- Is this belief or coping mechanism still serving me?
- Is it protecting me — or imprisoning me?

Pray for clarity and a renewed perspective. As much as possible, bring closure through forgiveness — toward yourself and others involved.

To keep the door closed:

- Remove triggering objects
- Change harmful behaviors
- Set boundaries
- Distance yourself from unhealthy relationships
- Seek professional help when necessary

The goal is not only healing but also identifying “open doors” that may increase vulnerability to demonic interference. Many therapeutic models do not address spiritual oppression. Without addressing this component, a person may not realize how much influence external forces may be exerting. Not all negative thoughts originate from you.

As you progress, follow each breakthrough with the “Trauma Releasement Prayer” in Step Three. This strengthens your union with the Creator and helps close doors to interference.

Healing is lifelong — but deeply worthwhile. Balance inner work with joy, rest, and uplifting activities. Enjoy your journey toward 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 the 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 be open to receiving love in return.
- * 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.
- * 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 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 THREE

*After processing one or more items, adapt this prayer as a declaration rejecting what has been released.
Read it through first. Change it to fit your unique situation. Then speak it aloud with conviction.*

TRAUMA RELEASEMENT PRAYER

Creator of Heaven and Earth, Source of all Light, Truth, and Divine Love,

I come before You with humility and honesty.

You see every wound, every hidden memory, every tear I have cried — even the ones no one else knows about. Nothing in my life has escaped Your awareness.

Today, I bring before You the trauma connected to abuse — whether physical, sexual, emotional, verbal, financial, institutional, cultural, or self-inflicted through neglect. I acknowledge what happened. I no longer minimize it, deny it, or carry shame for it.

Where I was a victim, I ask You to heal my wounded heart.

Where I caused harm to others, I repent and ask for Your mercy and transformation.

I release the pain. I release the fear. I release the false beliefs that were formed in trauma.

I release the shame that was never mine to carry.

I release the anger, bitterness, and resentment that have weighed down my soul.

Creator, show me the root of every unhealthy belief, coping mechanism, or destructive pattern that formed because of abuse. Uproot what does not belong in me. Remove every lie I accepted about my worth, identity, safety, and value.

I choose forgiveness — not because what happened was acceptable, but because I refuse to remain spiritually bound to it. I forgive those who hurt me. I forgive myself for any choices made out of fear, confusion, or brokenness. Close every door that trauma opened.

If any demonic interference has attached itself to my pain, my fear, my sexual history, my bitterness, my addictions, or my memories, I renounce it now in the name of the Creator. Any spirit that is not from You is not welcome in my life. Leave me. You have no legal right to remain.

I reject oppression and intrusive thoughts that are not mine. I reject self-harm, suicidal ideation, addiction, codependency, narcissism, dissociation, and every distorted pattern formed from abuse.

Fill those empty spaces with Your Holy Presence. Restore my mind, emotions, body and my identity.

Where trauma fragmented me, make me whole. Where fear ruled me, establish peace. Where shame silenced me, give me truth and courage. Where abuse distorted love, teach me what healthy love looks like.

Help me set wise boundaries. Help me remove unhealthy influences.

Help me build relationships rooted in safety and mutual respect.

Creator, I choose life, freedom. And wholeness. I choose a personal relationship with You.

From this day forward, I refuse to let trauma define me. My past will not dictate my future. What was meant to destroy me will not succeed.

Seal this healing work. Strengthen me daily. Continue revealing and removing anything hidden that needs attention. Lead me gently but firmly into complete restoration.

I belong to You.

My mind belongs to You.

My body belongs to You.

My soul belongs to You.

In Your Holy Name I pray, Amen.

HOW TRAUMA FROM ABUSE “OPEN DOORS” TO DEMONIC INTERFERENCE

Humans consist of a physical body and a soul — including emotions, thoughts, and will. These are areas vulnerable to spiritual attack. Demons aim to separate individuals from a personal relationship with the Creator. However, it is important to understand that experiencing trauma does not automatically mean someone has demons. Many thoughts and behaviors are self-generated or shaped by life experiences and relationships. Evil is not created by God; evil results from rebellion against God.

Below are ways trauma may create spiritual vulnerability:

Criminal behavior may begin with rebellion and escalate. Some perpetrators report feeling overtaken by evil spirits during violent acts. However, trauma, psychological disorders, and neurological factors can also contribute to criminal behavior.

PTSD and spiritual oppression can appear similar. Trauma naturally triggers emotional responses. Persistent negative thought patterns may also feel intrusive or oppressive.

These struggles can lead to: self-harm, suicidal ideation, and bullying or being bullied.

Discernment and professional support are crucial.

Childhood Abuse is especially damaging because foundational needs for love, safety, and identity are still forming. Unhealed wounds may affect every area of life. Vulnerability increases when trauma remains unresolved. Teenagers are developmentally vulnerable due to identity formation, peer influence, and emotional intensity. Trauma can contribute to: addictions, risky behaviors, gang or cult involvement and running away. These environments may increase exploitation risk.

Repeated abuse erodes self-worth and trust. Coping mechanisms may develop such as: codependency, narcissistic tendencies, dissociation and emotional fragmentation. These can increase vulnerability spiritually and psychologically.

Sexual Bonding and Spiritual Transfer

Sexual relationships can create strong emotional and spiritual bonds. Trauma-bonded relationships may intensify emotional entanglement and distress. **Sexual intercourse** with a person who has attached demons often results in demonic transferal. Incubi and succubi are sexual predatory demons. They are aggressive, possessive and jealous and may lure their victims into sexploitation, pornography and anything else that destroys the person's life.

Unforgiveness leads to anger and bitterness. Chronic bitterness may lead individuals to seek control through harmful or occult practices. Occult practitioners may or may not realize they are receiving their power and knowledge from deceptive spirits. Anything that distances a person from the Creator increases spiritual vulnerability.

Final Encouragement: Healing from abuse is possible. It requires courage, truth, forgiveness, boundaries, emotional release, spiritual discernment, and often professional support. You are not defined by what happened to you. You are worthy of freedom, wholeness, and restoration.

WAYS TO WEAKEN DEMONIC INTERFERENCE

As freedom increases, resistance may also intensify. Demons may attempt to hide or discourage you through intrusive thoughts, disturbing dreams, physical sensations, anxiety, heaviness, distraction, or unexplained fatigue. Avoid fixating on these experiences. Stay grounded and continue the inner work of healing wounds and closing any “open doors.”

A common tactic is excessive sleepiness or mental fog to slow your progress. When this happens, pause and pray, asking the Creator for strength, clarity, and protection. Maintain healthy balance—engage in activities that bring joy and peace. Do not let the struggle consume your focus. Be patient and discerning. Not every method works the same for everyone. Keep applying different strategies until you find what is most effective. Consistency, courage, and balance are essential.

1. **Renounce known sin** clearly and sincerely, without self-condemnation.
2. **Practice regular repentance**, keeping your conscience clear.
3. **Forgive yourself and others fully**, closing doors opened by shame and self-hatred.
4. **Break unhealthy soul ties** through prayer and conscious detachment.
5. **Reject lies immediately** when intrusive or condemning thoughts arise.
6. **Speak truth aloud**, using Scripture or affirmations aligned with God’s Word.
7. **Stay grounded in your body** (deep breathing, movement, rest) to reduce fear-based influence.
8. **Limit fixation on, stop communication with demons**; focus instead on God, healing, and growth.
9. **Establish consistent prayer time**, not just crisis prayer.
10. **Read Scripture regularly**, especially passages emphasizing identity as a child of God.
11. **Remove occult or spiritually compromising objects** from your environment.
12. **Guard what you watch, read, and listen to**, especially fear-based, sexual or violent content.
13. **Get adequate sleep**, as exhaustion lowers mental and spiritual resilience.
14. **Reduce fear-based thinking**, since fear amplifies perceived interference.
15. **Strengthen a relationship with the Creator**, focusing on love, trust and reliance.
16. **Stay connected to healthy community** and trusted spiritual support.
17. **Practice gratitude daily**, which shifts focus from oppression to abundance.
18. **Avoid isolation**, where intrusive thoughts gain strength.
19. **Sing and listen to songs of worship or praise, Gregorian chants** which redirects attention.
20. **Set clear boundaries** in thoughts, habits, and relationships.
21. **Ask for divine guidance**, not just deliverance—wisdom weakens interference.
22. **Discern patterns**, noticing what precedes interference (stress, triggers, beliefs).
23. **Refuse dialogue with intrusive thoughts**—do not argue or negotiate.
24. **Strengthen emotional regulation**, learning to sit with feelings without panic.
25. **Live a balanced life**, including joy, creativity, and rest.
26. **Affirm your free will**, reminding yourself you are not powerless.
27. **Persist patiently**, knowing resistance often weakens just before it breaks.

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.