

Trauma Affects the Adult's Ability For Healthy Relationships



Creative Child

- A Young Child, Possibly Pre-verbal Who Is Highly Vulnerable
- Child Creates A Complex System to Survive Present-Day Abuse or Neglect
- Emotions Are Overwhelming & Confusing With An Intense Drive for Attachment
- The Perspective is Self-Focused and Literal



Adult Living In Protection

- Trauma Has Ended But Adult Stays in Protection Pushing Emotions Away
- Self-Preservation Is The Primary Concern
- Relationships Are Challenging
- Learning New Skills Feels Overwhelming
- Has child's self-focused perspective often centered on the past



Whole-Hearted Adult

- Understands How Trauma Affects Relationships
- Able to Process Emotions Staying Within Window of Tolerance
- Adaptable and Forgiving
- Learn and Use New Skills
- Able to Live In Present and Consider Needs of Others

The Adult Living In Protection Puts a Strain on the Adult's Current Relationships. Though Trauma Often Focuses on Soothing the Child Who Was Wounded, Effective Interventions Are Those That Help The Adult Move OUT of Protection and INTO Function.

Helping The **Body of Christ**
With **Interpersonal Relationships That Aren't Working**



destinedforglorymin.org