

THE DANGERS OF UNPROCESSED TRAUMA

1. EMOTIONAL DYSREGULATION

Sign: Frequent mood swings, intense emotions, or a feeling of being overwhelmed by feelings.

Scriptural Support:

James 1:19-20

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God."

Commentary:

This verse highlights the importance of self-control and being mindful of our emotions. When trauma remains unprocessed, individuals may react impulsively or struggle to manage their feelings, leading to emotional outbursts or withdrawal.

2. AVOIDANCE BEHAVIOR

Sign: A tendency to avoid people, places, or situations that trigger memories of the trauma.

Scriptural Support:

Proverbs 28:13

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Commentary:

Avoidance can be a coping mechanism for those in pain. However, the Bible encourages confession and facing our struggles. Avoiding trauma can prevent healing and hinder personal and spiritual growth.

3. HYPERVIGILANCE

Sign: An excessive awareness of surroundings or a constant feeling of being on edge, often due to a heightened sense of danger.

Scriptural Support:

1 Peter 5:8

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Commentary:

While vigilance can be necessary, excessive hyper vigilance can be a sign of unresolved trauma, where individuals feel the need to be constantly alert due to past threats. The scripture encourages awareness but also invites believers to find peace in their faith.

4. INTRUSIVE THOUGHTS OR FLASHBACKS

Sign: Recurrent memories or flashbacks of the traumatic event, making it difficult to focus on the present.

Scriptural Support:

Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Commentary:

This verse encourages focusing on positive and uplifting thoughts. Intrusive thoughts can disrupt this focus, reflecting unprocessed trauma that needs healing. Engaging with supportive practices can help in reframing thoughts and moving towards recovery.

5. DIFFICULTY IN RELATIONSHIPS

Sign: Challenges in forming or maintaining healthy relationships, often due to trust issues or fear of intimacy.

Scriptural Support:

1 John 4:18

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

Ephesians 4:31-32 KJV

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Commentary:

Trauma can create barriers to experiencing genuine love and connection. This scripture reminds us that love should be a source of comfort, not fear. Recognizing and addressing trauma can pave the way for healthier relationships.

These signs and their corresponding scriptural insights highlight the importance of recognizing unprocessed trauma and encourage steps toward healing and reconciliation with oneself and others.