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Epsode#9037

Drama and Trauma

The Emotional Roller Coaster Series

Drama and Trauma

Drama and Trauma are the Uber tracks on the Emotional Roller Coaster. Drama and Trauma usually explode with emotional combinations of love, joy, fear, anger etc. Drama and Trauma are the stuff that reality shows are made of and the kind of experiences that destroy relationships and rob people of hope and vision for their life.

Emotions

Drama

Trauma

Emotions

are strong feelings – for example love, joy, anger, fear etc.

Emotions are God given gifts to help us relate and connect with one another. They are intended to help us enjoy our lives and relationships. One of the counterfeit of God's purpose for emotions are EXTREME and turbulent explosions that detract from our human dignity and stop us short of God's best.

Drama

refers to the emotional upheaval or turbulence felt in a relationship or situation on an episodic level that has no resolution.

Ex. Unhealthy Friendship

2 Timothy 1:7 NLT

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Matthew 11:28 NLT

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Unhealthy drama is marked by _____ emotional upheaval and unwillingness to find or work toward a _____.

Trauma

Trauma is an **overwhelming** event involving actual or threatened death, serious injury, or threat to person (e.g. actual or threatened assault, rape, or other destructive behavior) followed by a pattern of emotional responses—enduring and sometimes enlarging—including intense fear, horror, helplessness, shame, self-disgust and confusion that results in fear of the past, the future and the present.

Ex. Parents losing 16 year son in car accident

Matthew 12:20 NLT

He will not crush the weakest reed or put out a flickering candle Finally, He will cause justice to be victorious.

Galatians 6:2 NLT

Share each other's burdens, and in this way obey the law of Christ.

Things we can do to be helpful:

- Be present.
- You don't always have to say something profound or "spiritual." Just show up.
- Listen.
- Engage.
- Walk beside your friend with love, compassion and prayer.

Trauma is an _____ event and usually involves a large combination of _____ responses. I can be most helpful when I _____ and enlist God's help through prayer and professional help as appropriate and necessary.

Emotions

Drama

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Prayer

Dear Jesus,

I ask you to help me deal with the drama (and or trauma in my life). I want to walk in emotional wholeness and live the abundant life that you've promised to me. Please open my eyes to your goodness and help me deal with reality with the truth of Your Precious Word.

In Jesus Name.

Amen