

| The Problem                      | Recovery Emphasis                |
|----------------------------------|----------------------------------|
| traumatic memory                 | “healing of memories”            |
| unexperienced experiences        | re-living trauma                 |
| trauma identity                  | finding new identity, narratives |
| internal splitting               | reconnection/integration         |
| resentment                       | forgiveness                      |
| developmental delays             | re-parenting                     |
| boundary violations              | developing healthy boundaries    |
| cognitive distortions            | identifying core lies            |
| isolation/relational dysfunction | growing healthier relationships  |

# A Relational Model for the Recovery Process

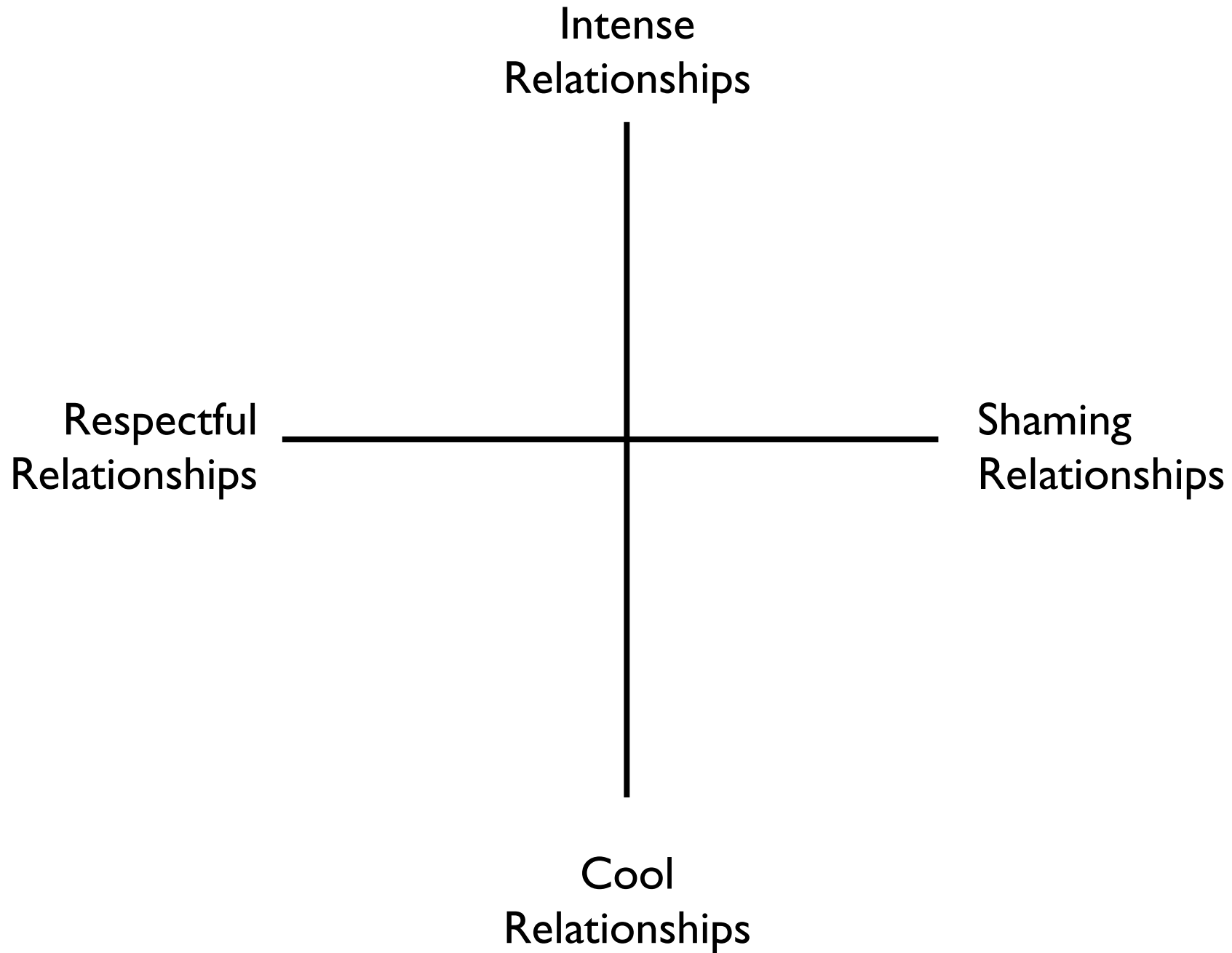
# A Relational Model for Recovery

Respectful  
Relationships

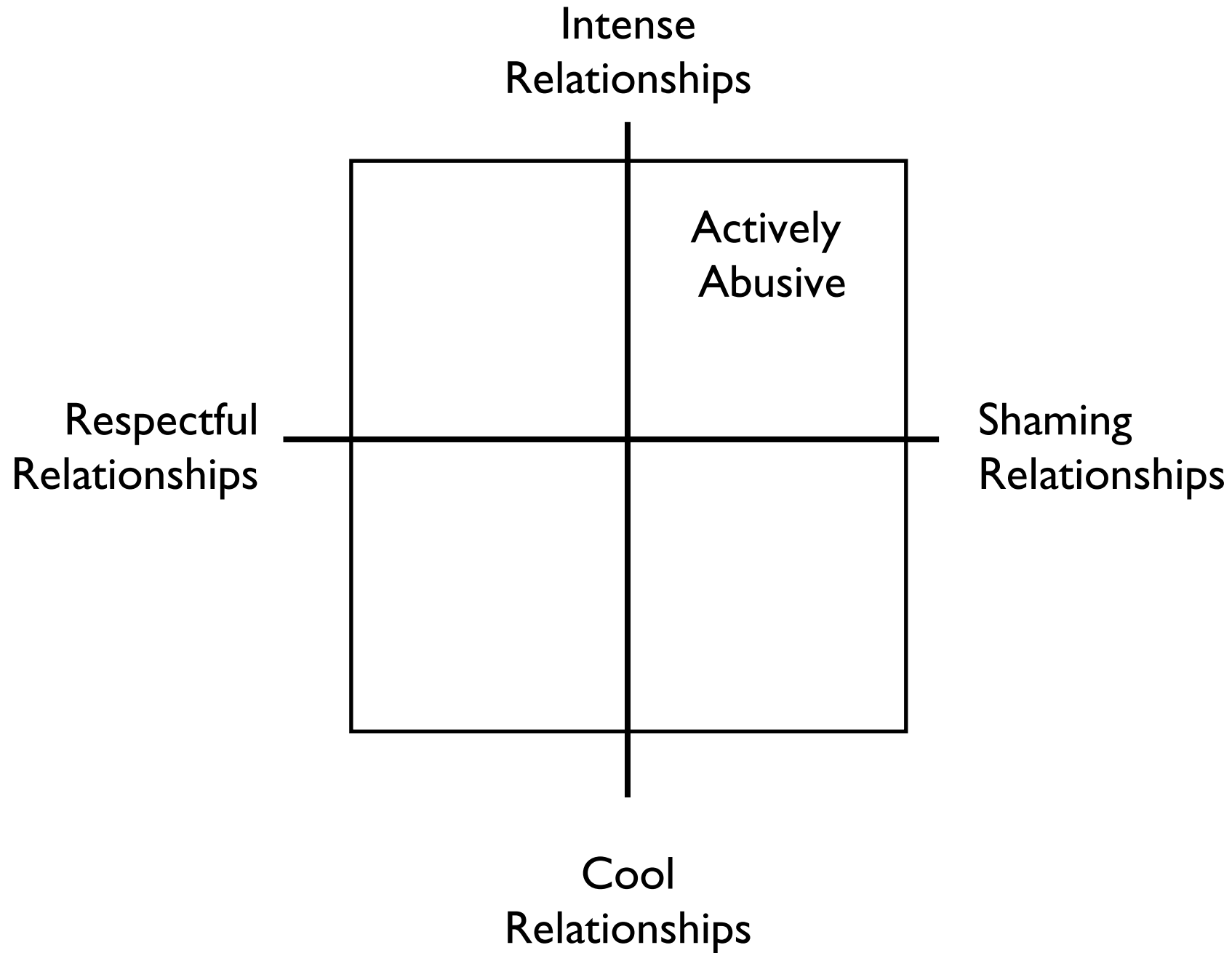


Shaming  
Relationships

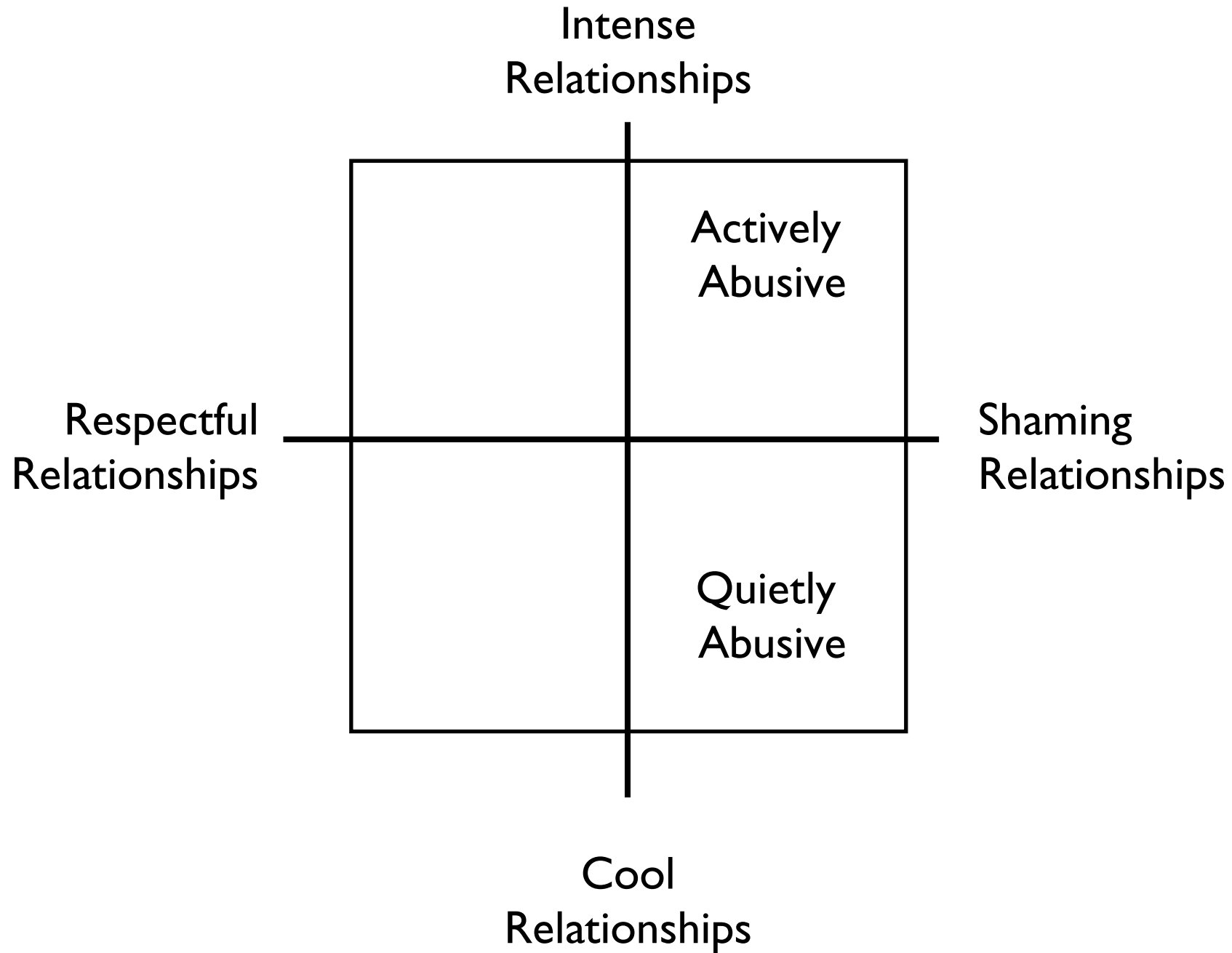
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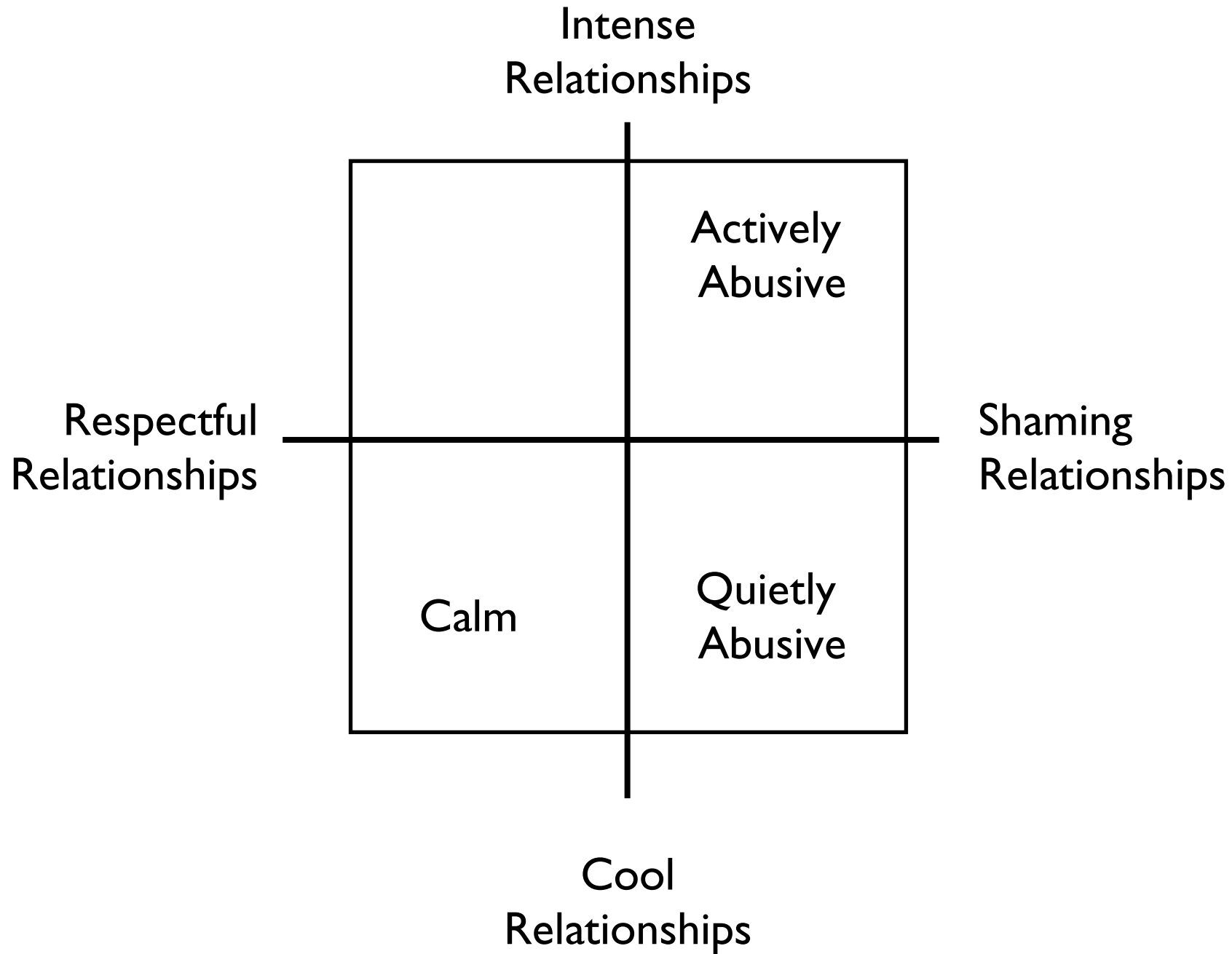
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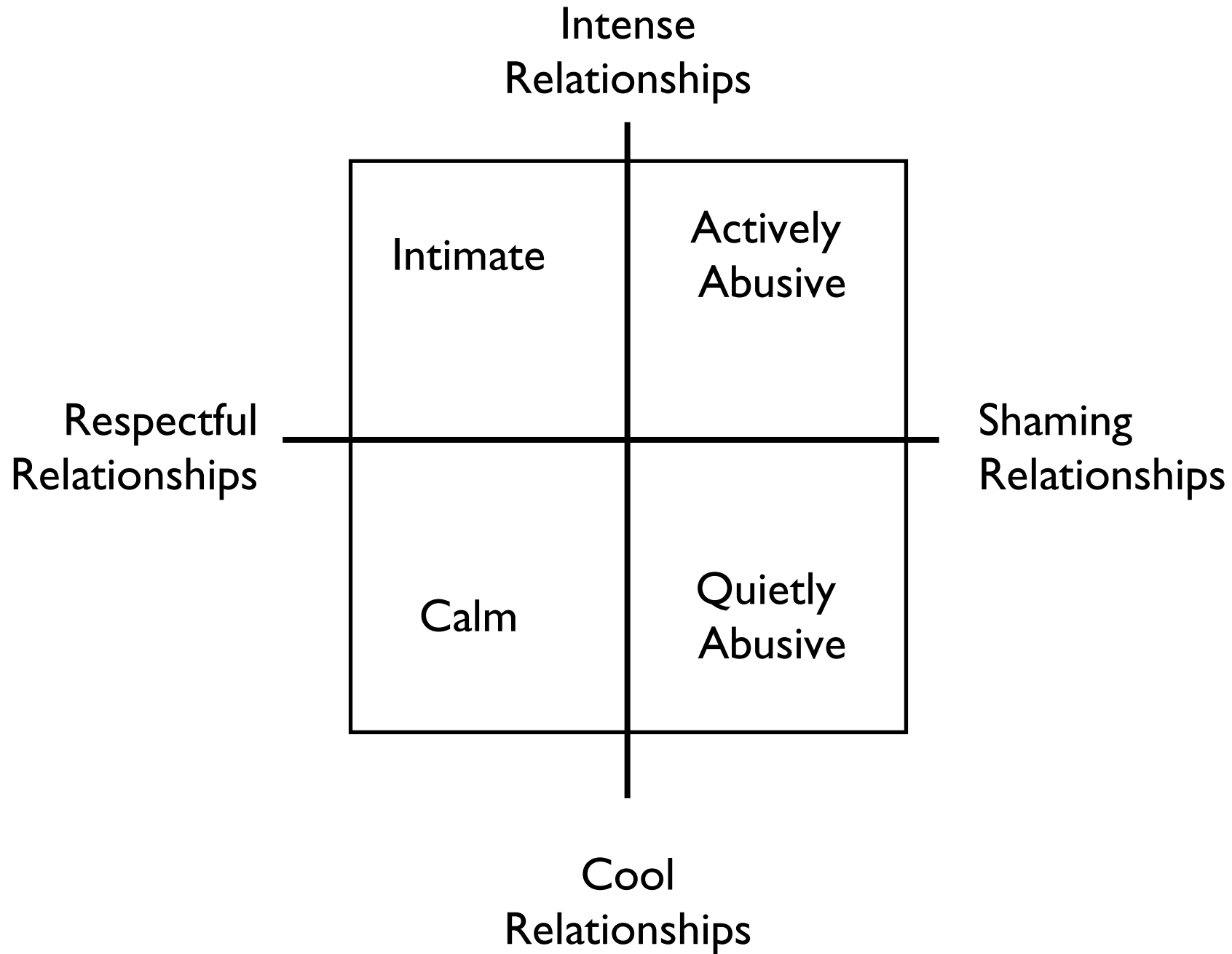
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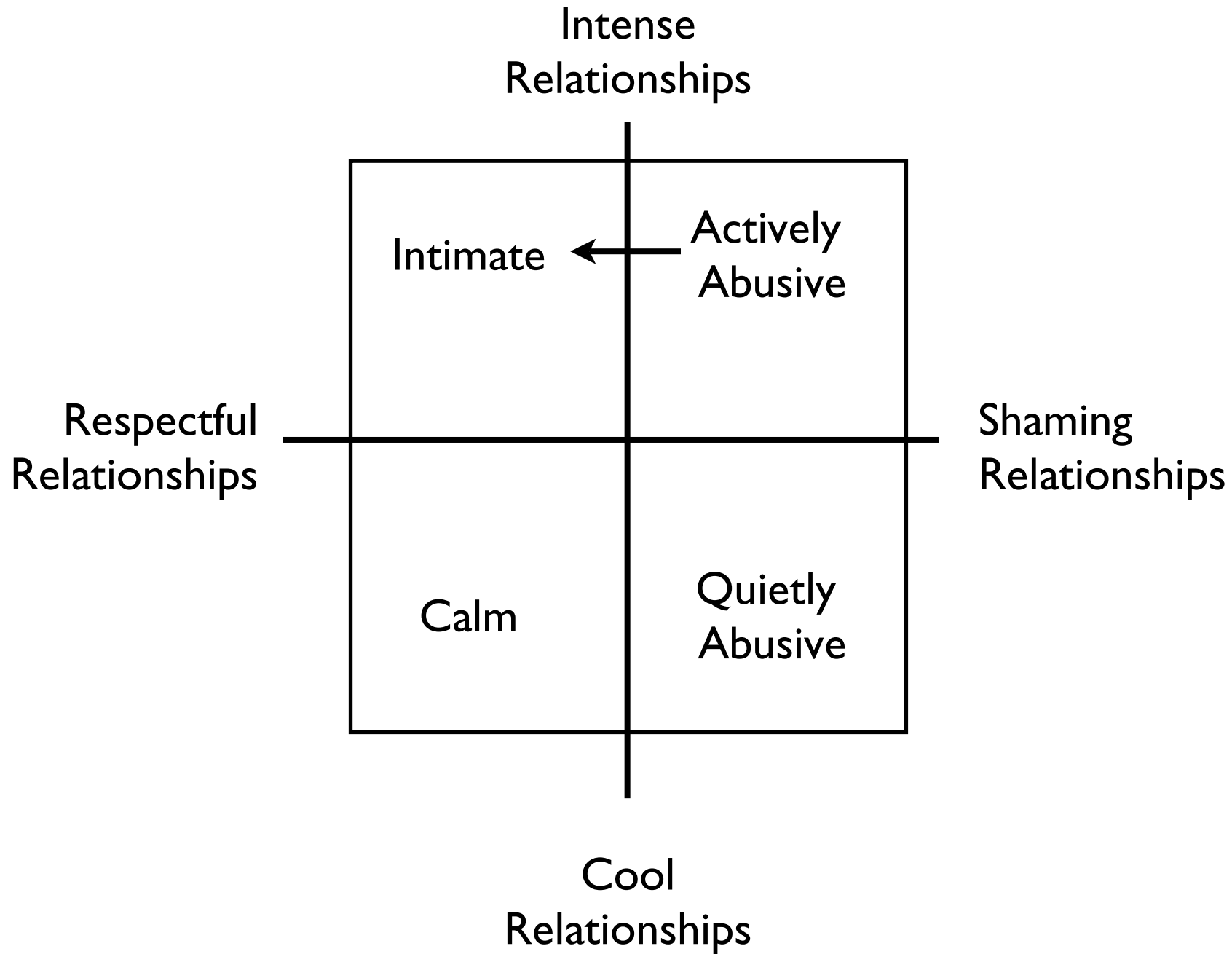
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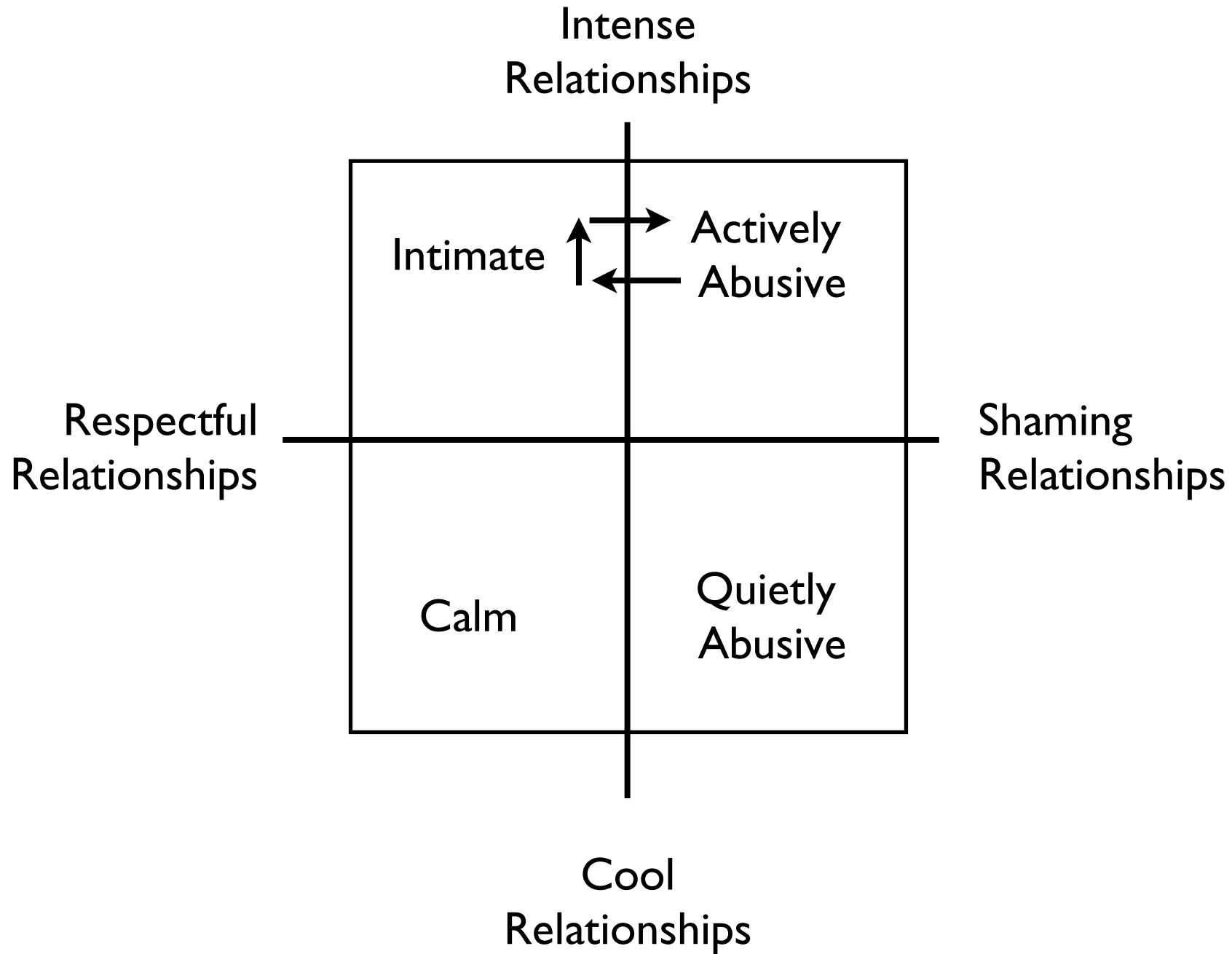
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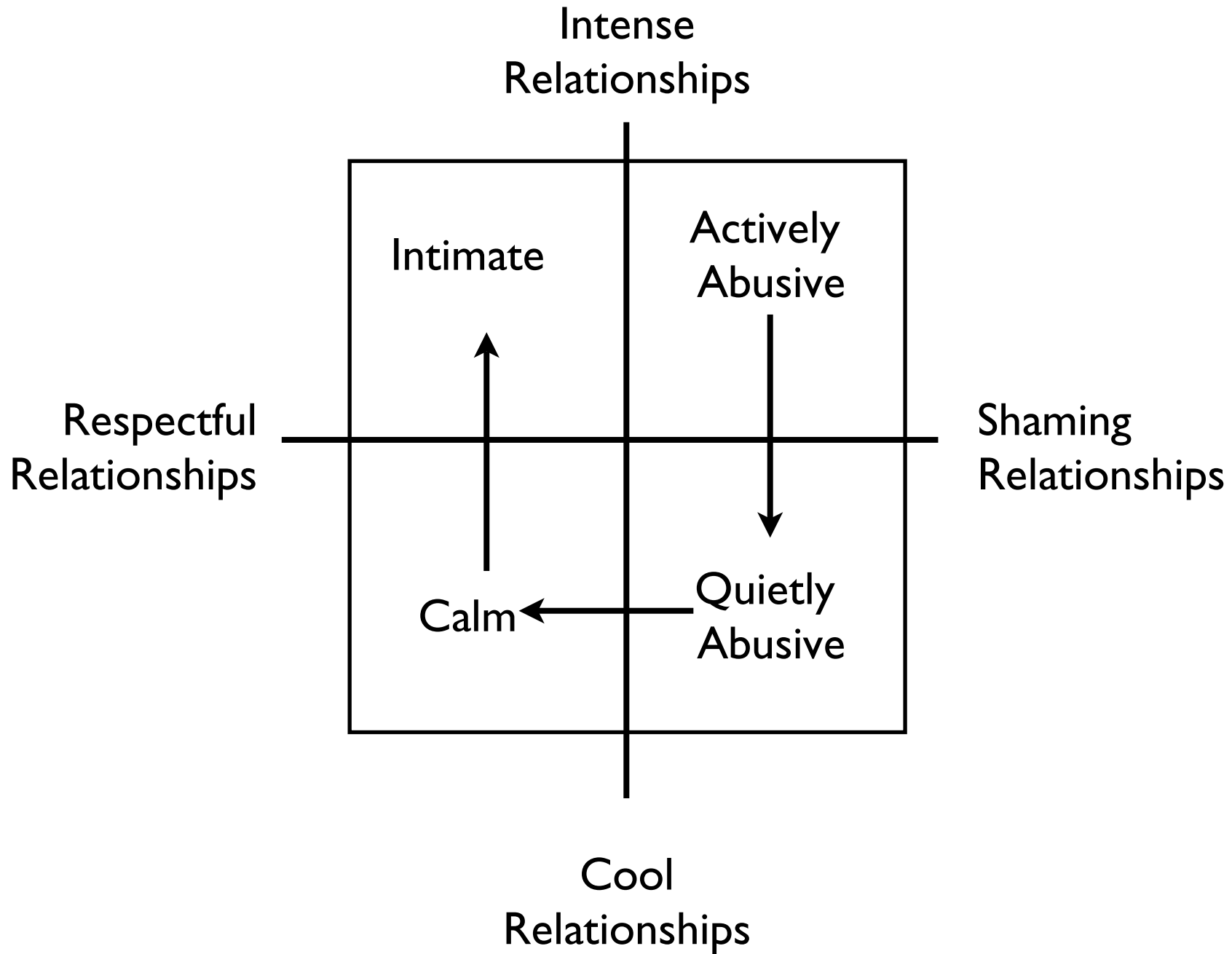
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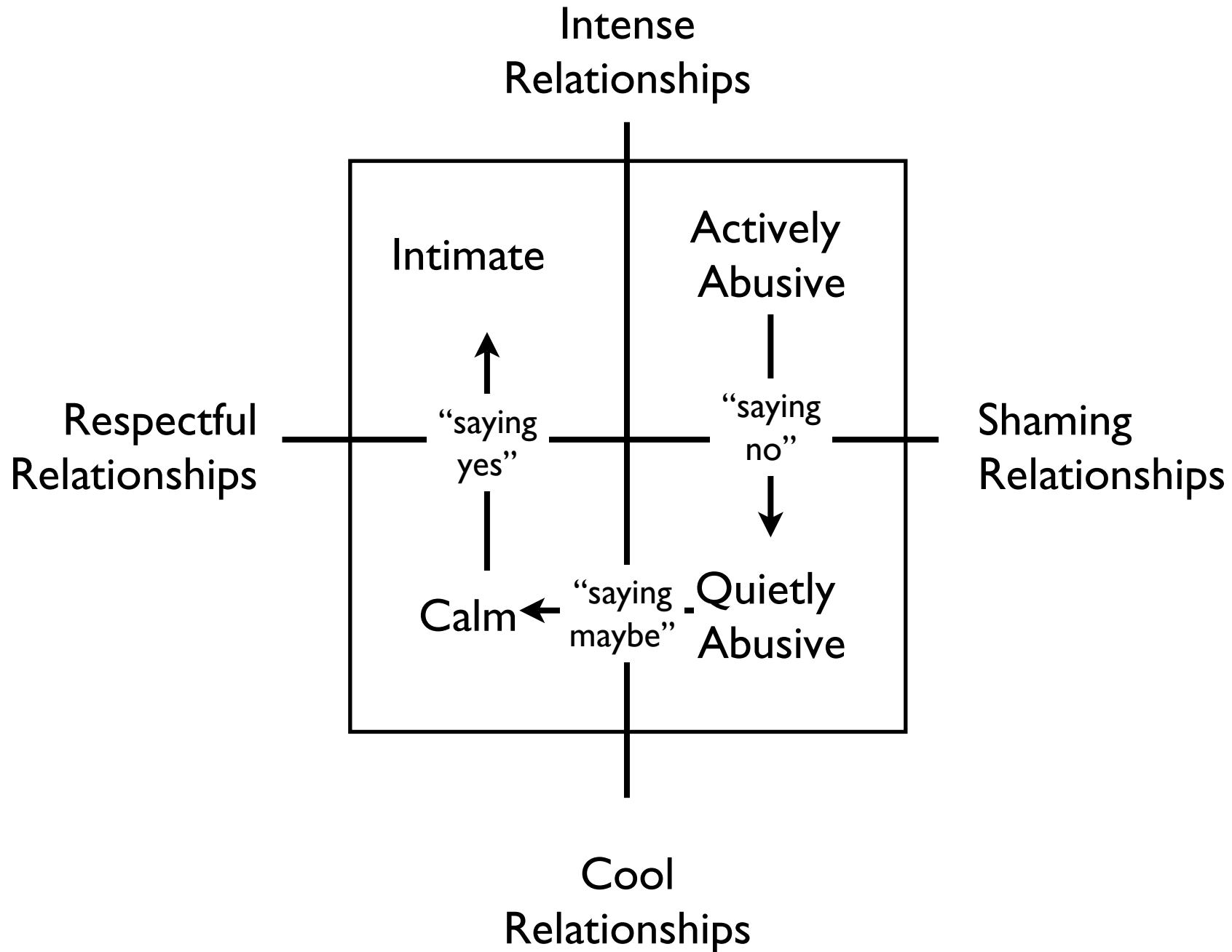
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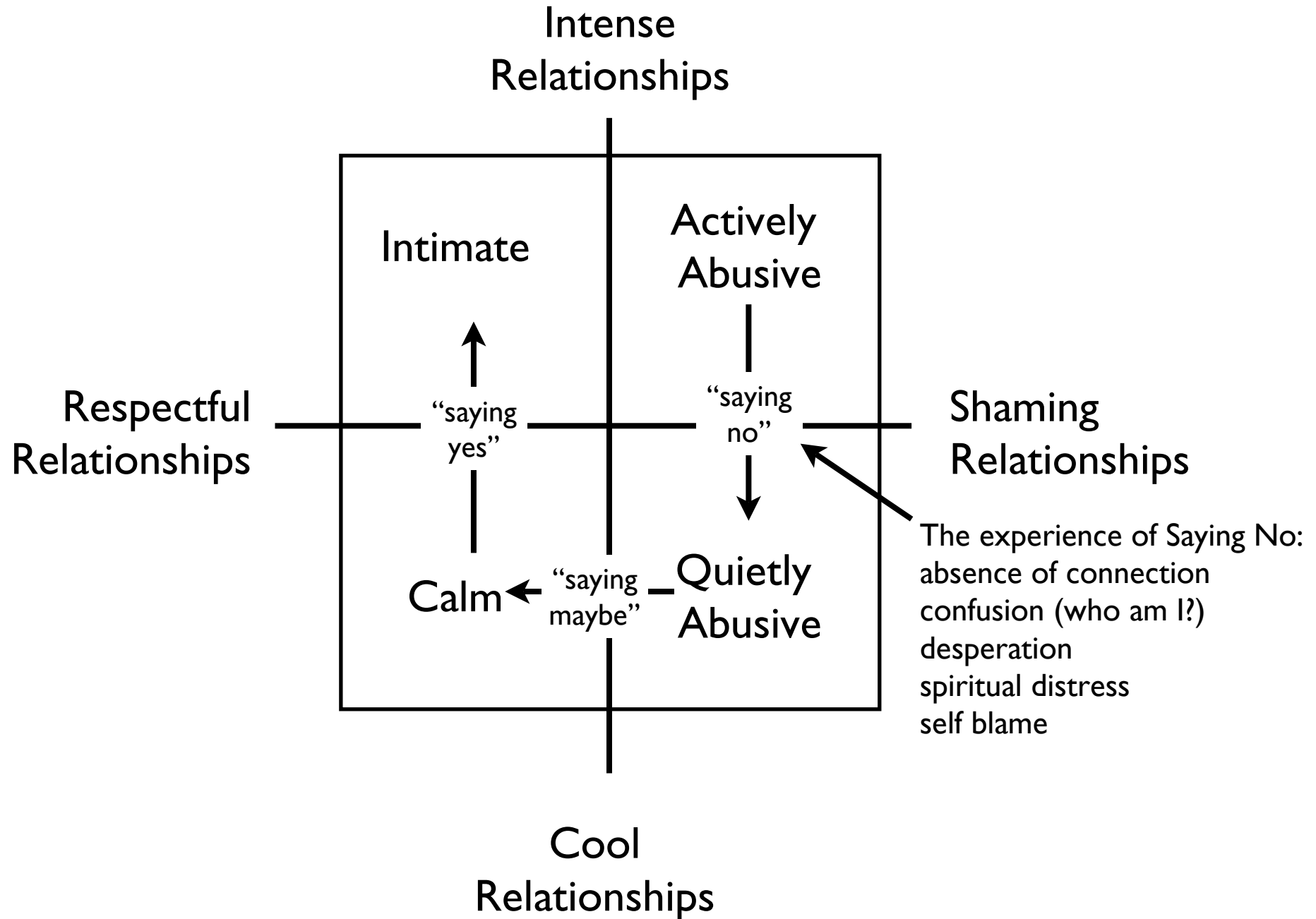
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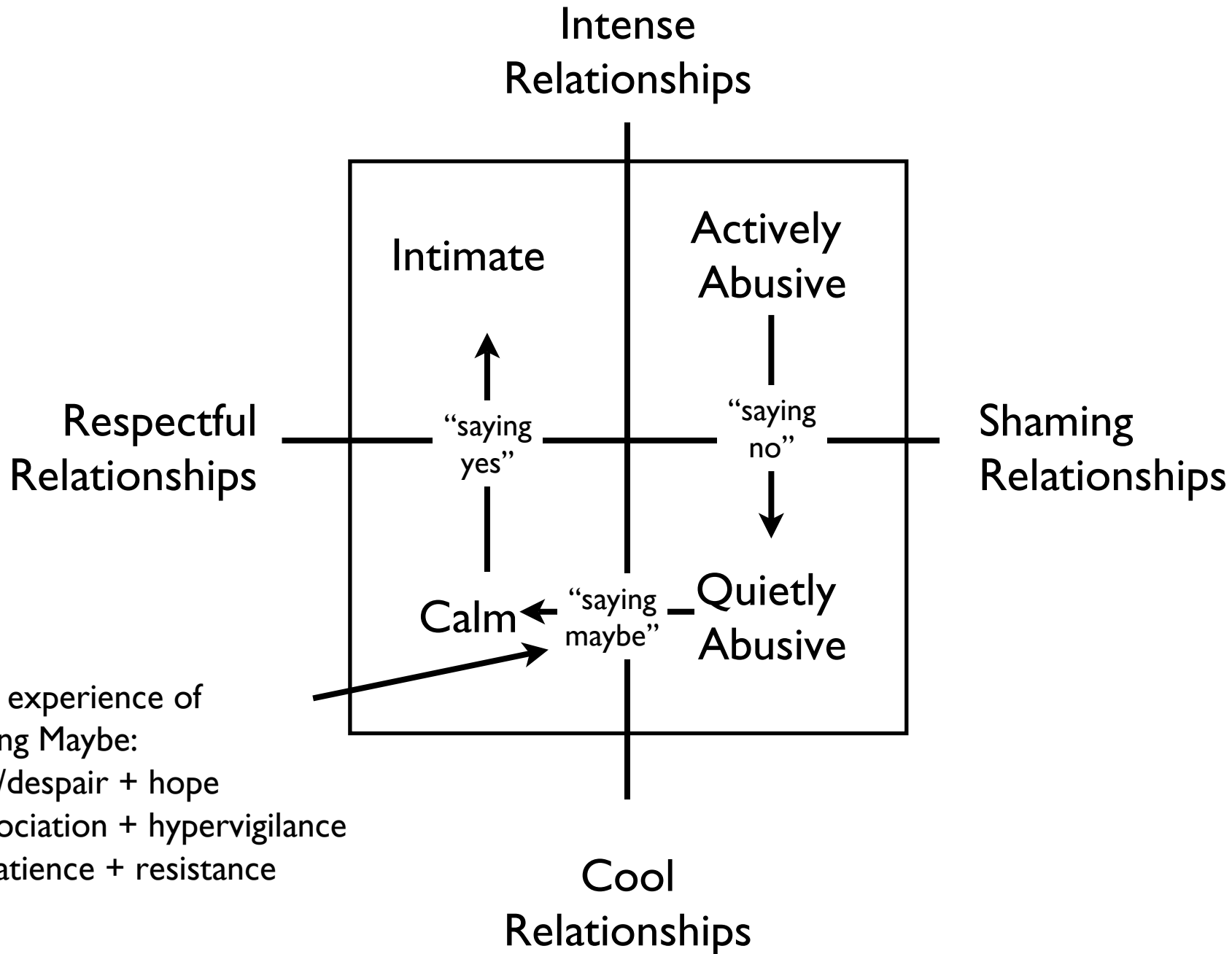
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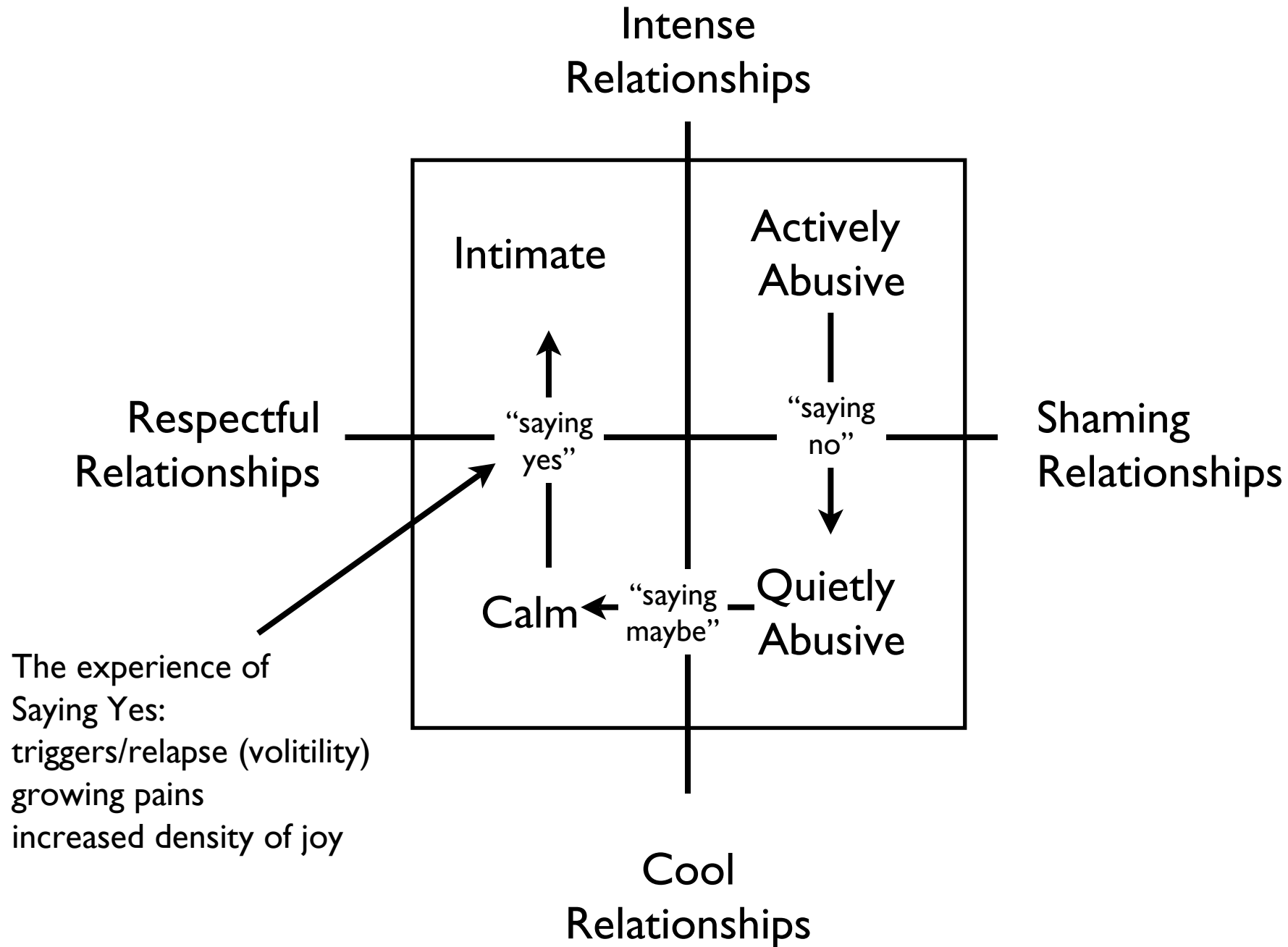
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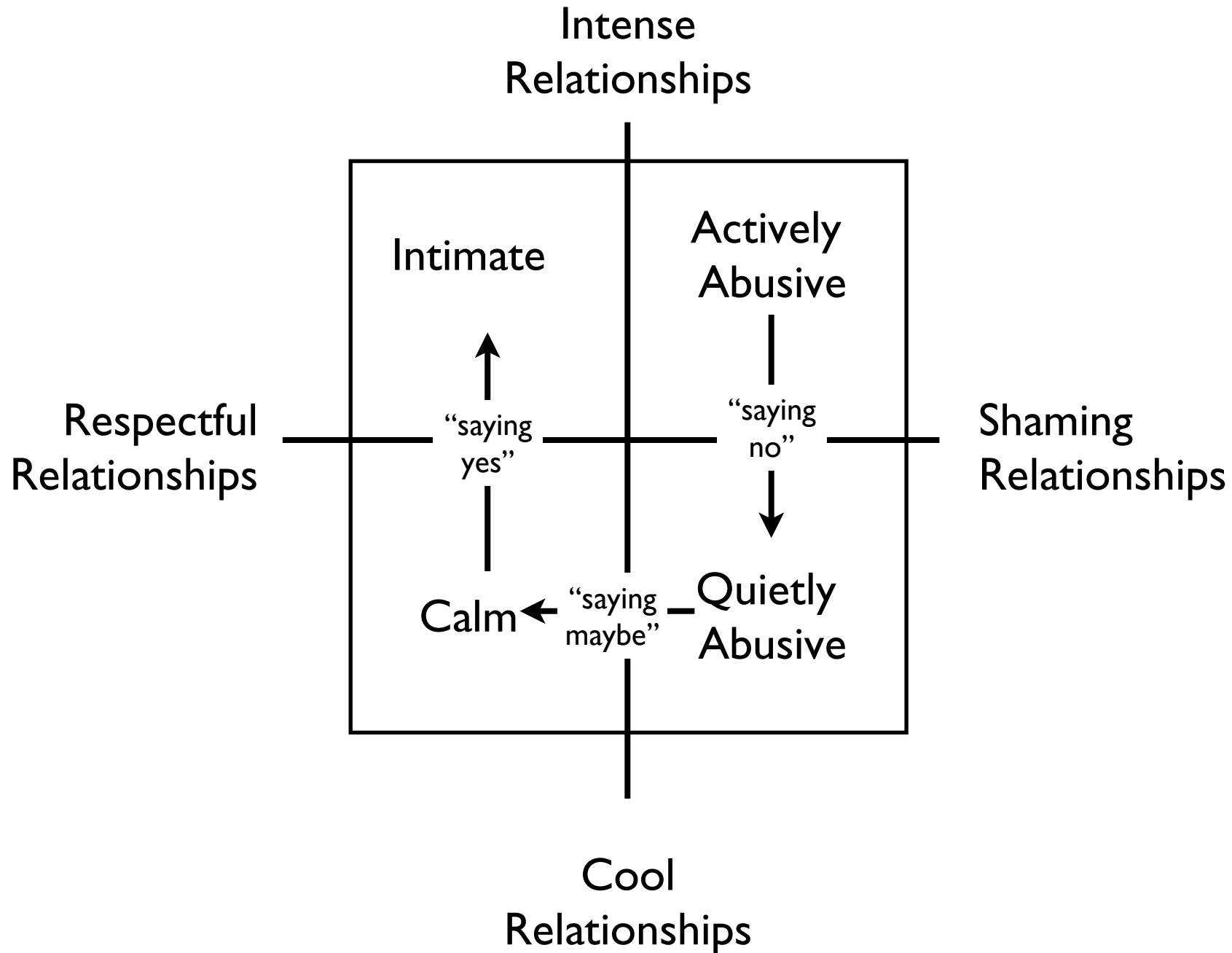
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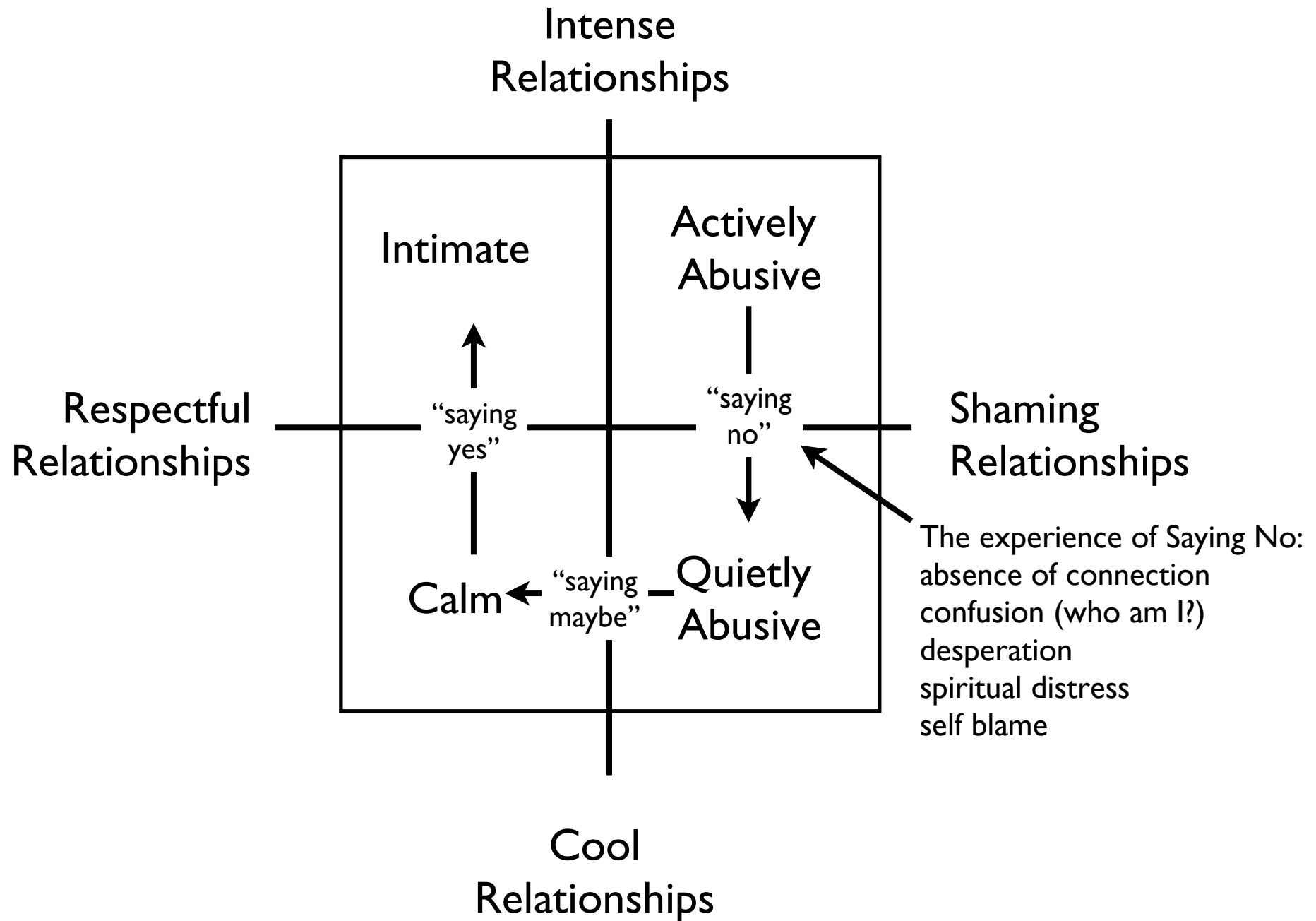
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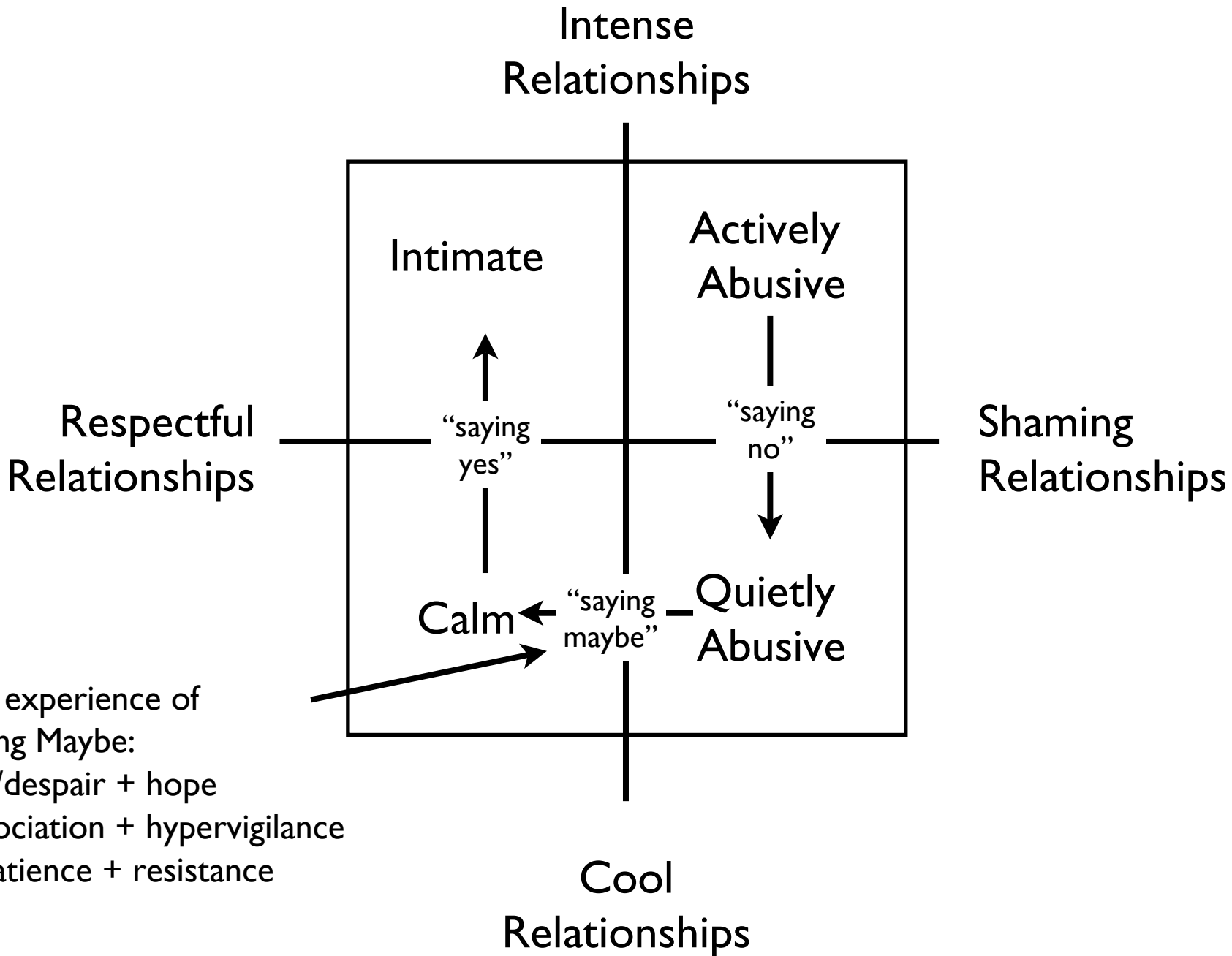
# A Relational Model for Recovery



## About God and Spiritual Brokenness (and saying “no”)

|   |   |
|---|---|
| God Commands Us to Say No to Not-Gods         | You shall have no other gods before me.<br>Exodus 20:3  |
| God Does Not Abandon People Who Are Saying No | If I make my bed in the depths, you are there.<br>Psalm 139:8   |
| Spiritual Brokenness Attracts God             | The Lord is close to the brokenhearted and saves those who are crushed in spirit.<br>Psalm 34:18                          |
| God Sees Spiritual Brokenness as Worship      | The sacrifices of God are a broken spirit;<br>a broken and contrite heart,<br>O God, you will not despise.<br>Psalm 51:17 |

# A Relational Model for Recovery



The experience of  
Saying Maybe:  
fear/despair + hope  
dissociation + hypervigilance  
impatience + resistance

# A Relational Model for Recovery

## About God and Imperfection (and saying “maybe”)

|                                |   |
|--------------------------------|---|
| God Understands our Limits     | As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. Psalm 103:13-14  |
| God Accepts Limited Resources  | "We have here only five loaves of bread and two fish," they answered. "Bring them here to me," he said. Matt. 14:17-18  |
| God Accepts Limited Faith      | "I do believe; help me overcome my unbelief!" Mark 9:24   |
| God Accepts Limited Courage    | Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid. Mark 16:8   |
| God Accepts Limits in Ministry | "When I went to Troas to preach the gospel of Christ and found that the Lord had opened a door for me, I still had no peace of mind, because I did not find my brother Titus there. So I said good-bye to them and went on to Macedonia." 2 Corinthians 2:12-13 |

# A Relational Model for Recovery

