**An Eight Step Process for Resolving Traumas**

(Taken from *Bringing the Life Model to Life, pp. 10, 44, 46*)

A common way to resolve old wounds can be described in eight steps. Trauma

means our identity has been diminished because we could not get back our peace. Under

traumatic circumstances we lose the ability to act like ourselves. When we seek to

resolve traumas, we will be able to heal any traumatic events for which we have

developed sufficient joy strength. Note: This process is similar to the Theophostic®

ministry method taught by Dr. Ed Smith. We recommend careful study of his method.

1. Find and experience the upset feeling again *–What the right hemisphere knows*

2. Find the belief that goes with the upset – *How the left hemisphere explains it*

3. Ask the Holy Spirit to find the best evidence for that lie.

4. Invite Jesus into that event or evidence.

5. Test the truth of your evidence and conclusion by asking God to reveal truth to

you. 9 *This synchronizes the two hemispheres*

6. Check for peace and rest internally after God reveals a truth to you. *This tests for*

*synchronized activity of the whole brain*

7. Repeat if necessary, asking if there is other evidence God wants you to see.

8. When your thoughts about the old wound are peaceful, give thanks.

(*Life Model Study Guide*, page 25)

You will be able to do this for any traumatic events you can keep in your awareness.