

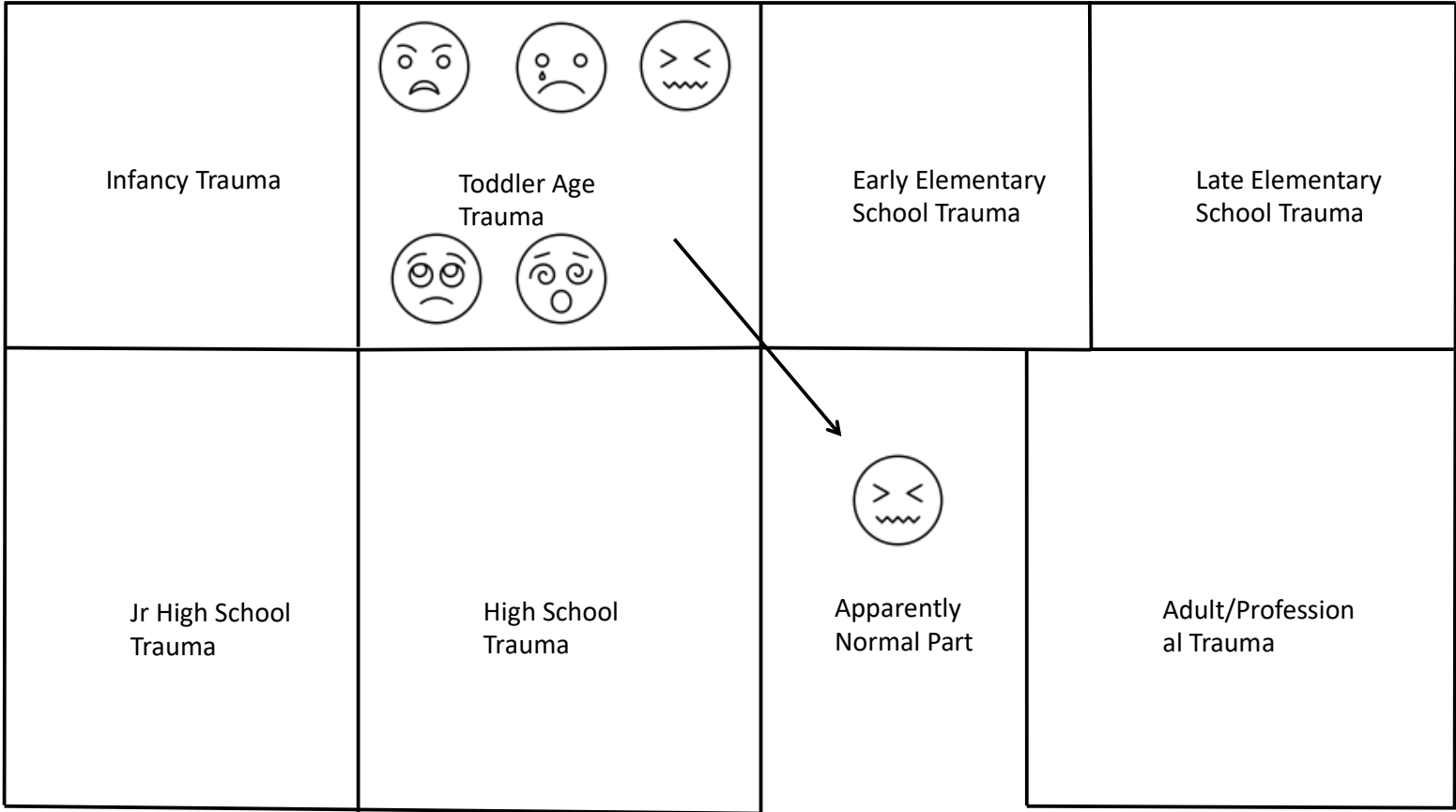
...Now What? How Holistic
Formation Heals and Remodels
Our Mental Floor Plan.

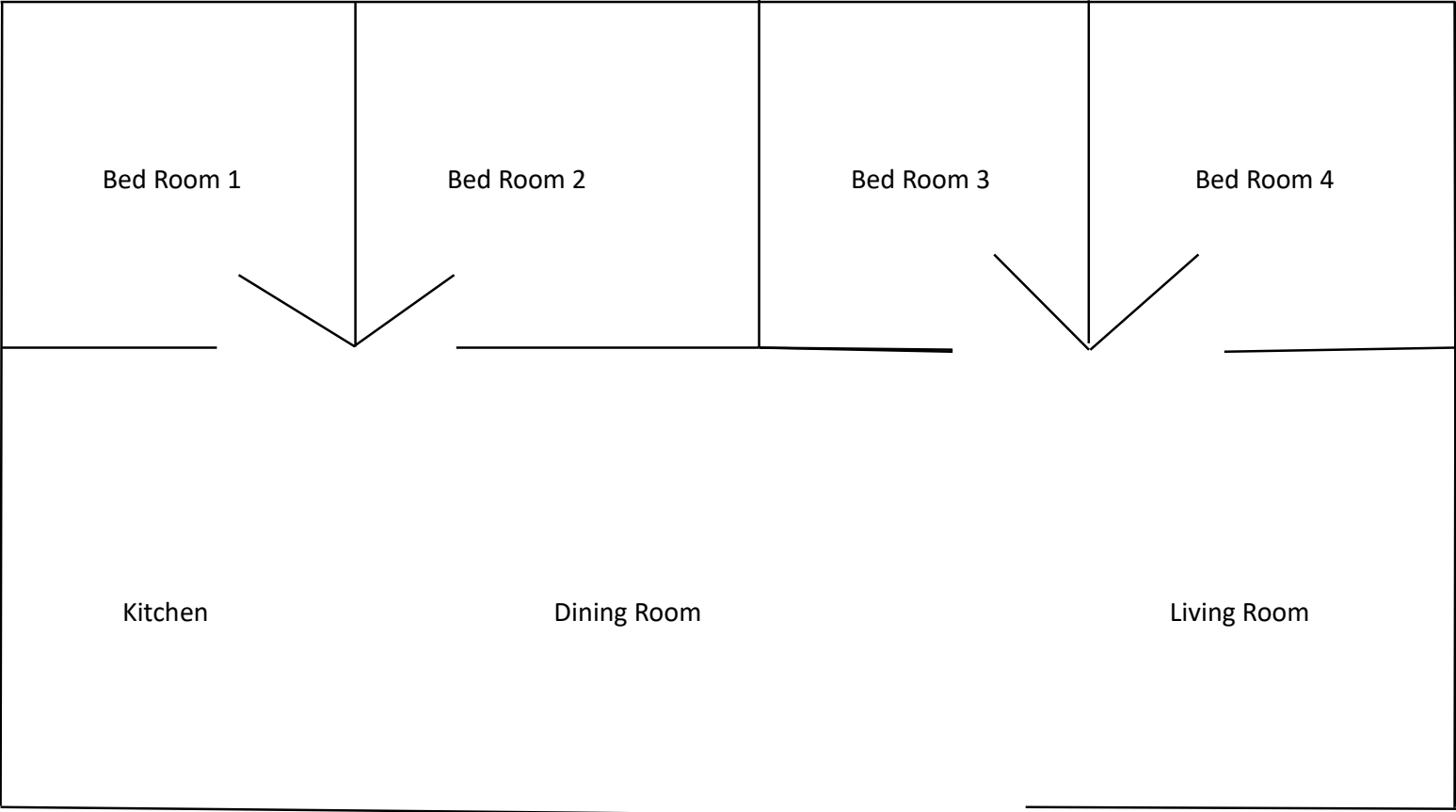


Trauma on the brain

Waste







Finishing the Race...

Mexico City Olympic Stadium, 7 p.m. Oct 20, 1968. The last marathon runners were stumbling across the finish line. Finally, the wail of sirens signified a lone final runner. John Stephen Akwari of Tanzania had injured his leg in a fall. Bloodied and crudely bandaged he hobbled his final lap. Spectators rose and applauded as though he was the winner.

When asked: ***“Why didn’t you quit?”***

Akwari said, ***“My country didn’t send me 7,000 miles to start the race. They sent me 7,000 miles to finish it.”***



Trauma Formation

- **Definition**

The process through which people become the persons they are

- Everyone has a “trauma formation”

Your Soul

- Not under our conscious control - but runs all the parts of ourselves
- Not something we have . . . but something we are
 - the very life-pulse within us, which makes us alive
 - the “glue” that holds it all together
- We can have a broken soul
- There are things we can begin to do that will heal our soul

re\FORMATION

- The “parts” of Holistic Formation

:”A major part of understanding spiritual formation in the Christian traditions is to follow closely the way the biblical writings repeatedly and emphatically focus on the various essential dimensions of the human being and their role in life as a whole.”

Dallas Willard

Holistic Formation Dimensions



Spiritual Formation

Definition

The *process* through which individuals who have received new life “from above” take on the character of Jesus by a combination of effort and grace

Emotional Formation

- **Definition**
 - A process that involves bringing the emotional parts of one's being into conscious **self-awareness** and focus.
 - Bringing issues that have been hidden in darkness out into **the light**.
 - An **ongoing journey** of involving these issues in formational activities and exercises.

Relational Formation

Definition

The process of spiritual transformation that results from being deeply involved in authentic and life-changing relationships with other people.

Mental Formation

Definition

The consistent renewing of our minds and thinking so that we are centered on God and his wisdom for our lives. The place of God in our minds.

Physical Formation

Definition

The opportunity to discipline our physical bodies with proper habits of sleep, eating, and exercise for the purpose of godliness.

Missional Formation

- **Definition**
The process whereby God focuses your heart, passion, gifts, experiences, and energies in a direction that intersects with the mission of God (*missio Dei*).

Holistic Formation Dimensions





Trauma on the brain

Waste



Waste



Garden



Garden



How to heal:

- Build awareness of your own past trauma history
 - Complete your own trauma floor plan.
 - Seek out information from others who knew you during these times if you can.
 - If you struggle to recall any memories, be kind to your self, write down what you can recall.
 - If this task is too overwhelming, stop and seek out the assistance of a therapist.

Infancy Trauma	Toddler Age Trauma	Early Elementary School Trauma	Late Elementary School Trauma
Jr High School Trauma	High School Trauma	Apparently Normal Part	Holistic Formation: The place of God in our life.

How to heal: Trauma History Questions

1. What difficulties have I experiences in my past in each of the areas in the floor plan?
2. What hard or tragic encounters have I lived through?
3. What hard or tragic situations have those I care about suffered?
4. What Cultural or religious adversity have I faced?
5. What historical events have negatively affected me?
6. Have I ever or do I continue to suffer from medical issues?

<p>Infancy Trauma:</p> <ul style="list-style-type: none"> • Seizure due to high fever 	<p>Toddler Age Trauma:</p> <ul style="list-style-type: none"> • Moved • Brother was born blind in right eye, he had several surgeries 	<p>Early Elementary School Trauma:</p> <ul style="list-style-type: none"> • Parents fought • Dad often gone with work • Mom's anger 	<p>Late Elementary School Trauma:</p> <ul style="list-style-type: none"> • Parents divorced • Parents married their second spouse. • Abusive/alcoholic step-father
<p>Jr High School Trauma:</p> <ul style="list-style-type: none"> • Moved to live with dad • Lost all friends • Separated from brother 	<p>High School Trauma:</p> <ul style="list-style-type: none"> • Maternal grandfather passes away • Father divorces second wife. 	<p>Apparently Normal Part</p>	<p>Adult/Professional Trauma</p> <ul style="list-style-type: none"> • Challenger Disaster • 9-11 • Pandemic • Surgery • Daughter's asthma • Coming face to face with an alligator in a tiny plastic kayak.

How to heal:

- Build a sense of your own spiritual or better self.
 - Complete your own healthy spiritual floor plan utilizing the areas of holistic formation.
 - Seek out information from others who know you and believe in you.
 - If you struggle to recall any memories, be kind to your self, write down what you can recall.
 - If this task is too overwhelming, stop and seek out the assistance of a therapist.

Holistic Formation Dimensions



COVENANT

BY MARGARET HALASKA

God knocks at my door seeking a home for his son.

Rent is cheap, I say.

I don't want to rent. I want to buy, says God.

I'm not sure I want to sell, but you might come in to look around.

I think I will, says God.

I might let you have a room or two.

I like it, says God. I'll take the two. You
might decide to give me more some day.

I can wait, says God.

COVENANT

BY MARGARET HALASKA

I'd like to give you more, but it's a bit difficult. I need some space for me.

I know, says God, but I'll wait. I like what I see.

Hm, maybe I can let you have another room. I really don't need that much.

Thanks, says God, I'll take it. I like what I see.

I'd like to give you the whole house but I'm not sure...

COVENANT

BY MARGARET HALASKA

Think on it, says God. I wouldn't put you out. Your house
would be mine and my son would live in it.

You'd have more space than you'd ever had before.

I don't understand at all.

I know says, God, but I can't tell you about that.

You'll have to discover it for yourself.

That can only happen if you let me
have the whole house.

COVENANT
BY MARGARET HALASKA

A bit risky, I say.
Yes, says God, but try me.
I'm not sure--
I'll let you know.
I can wait, says God. I like what I see.

<p>Spiritual Formation: Heart</p>	<p>Emotional Formation: Feelings</p>	<p>Relational Formation: Social</p>	<p>Physical Formation: Body</p>
<p>Mental Formation: Mind</p>	<p>Missional Formation: Will</p>	<p>Apparently Normal Part</p>	<p>The Whole Person: Soul</p>

Spiritual Formation

- I feel close, connected, and loved by God.
- I experience God's grace touching all areas of my life.
- I spend time in solitude and silence to be with God.
- I read the Bible and find practical wisdom and insight for life.
- I practice spiritual disciplines (e.g. fasting, meditation, etc.)

Spiritual Formation

- I desire to live my life as Jesus would live my life if he were I.
- I spend time with a spiritual director.
- I make space in my life and schedule for God.
- I spend time in prayer both talking and listening to God.
- I live my life with confidence that the “spiritual” touches every area.

Emotional Formation

- I am aware how my family of origin has a significant impact on my thoughts and behaviors.
- I would see a counselor when a crisis or issue arises in which I need emotional help.
- I have a clear understanding of my identity.
- I do what is necessary to keep from being controlled by addictions.
- I am cautious not to “use” other people to accomplish my own purposes.

Emotional Formation

- I am aware when I feel emotions such as depression, anxiety, fear, or anger and know how to handle them.
- I believe that insight into the deep parts of my heart and soul helps me to live a full and meaningful life.
- I express my feelings and convictions balanced with consideration for the thoughts and feelings of others.
- I am involved in play and leisure as essential to my overall health and well-being.
- I believe that failure might be a method God can use for my success.

Relational Formation

- I have one or more friends who know everything about me.
- I have friends who would do whatever it takes to spend time with me when needed.
- I talk with friends about important matters and deeply personal issues in my life.
- I spend time with a person I would consider a spiritual friend discussing spiritual matters.
- I believe that God communicates his attributes (e.g. love, mercy, forgiveness) to us through people.

Relational Formation

- I confess wrong things I have done to a friend or other safe person.
- I am an active part of a faith community.
- I have opinions, perspectives, goals, values, and so on that are unique from the people around me.
- I go directly to the person to deal with an issue whenever I have a conflict.
- I have experienced growth and change in my life because of the relationships I have.

Mental Formation

- I can see how my thinking can actually change my brain for health or un-health.
- I am aware that what I am like is based on what is on my mind.
- I am careful about what enters my mind through movies, music, the internet, and other forms of media.
- I memorize Scripture so that I have God's word readily available to me.
- I feel effective at dealing with temptations or lust because of my ability to think about godly things.

Mental Formation

- I am aware how my thinking governs my feelings.
- I am careful to ensure that no thought in my mind goes unchecked.
- It is enjoyable for me to practice the presence of God by putting my mind on God as much as I can.
- I can see how what I think about others is determined by what I think about God.
- I have a mentor or sage who helps me be reflective about what I put in my mind.

Physical Formation

- I exercise regularly (e.g. at least 3-4 times a week).
- I practice a day of Sabbath rest once a week.
- I sleep at least 8-9 hours a night.
- I examine my life and work load to monitor the amount of stress I'm experiencing.
- I know and am able to perform relaxation exercises (e.g. deep breathing, meditation, stretching).

Physical Formation

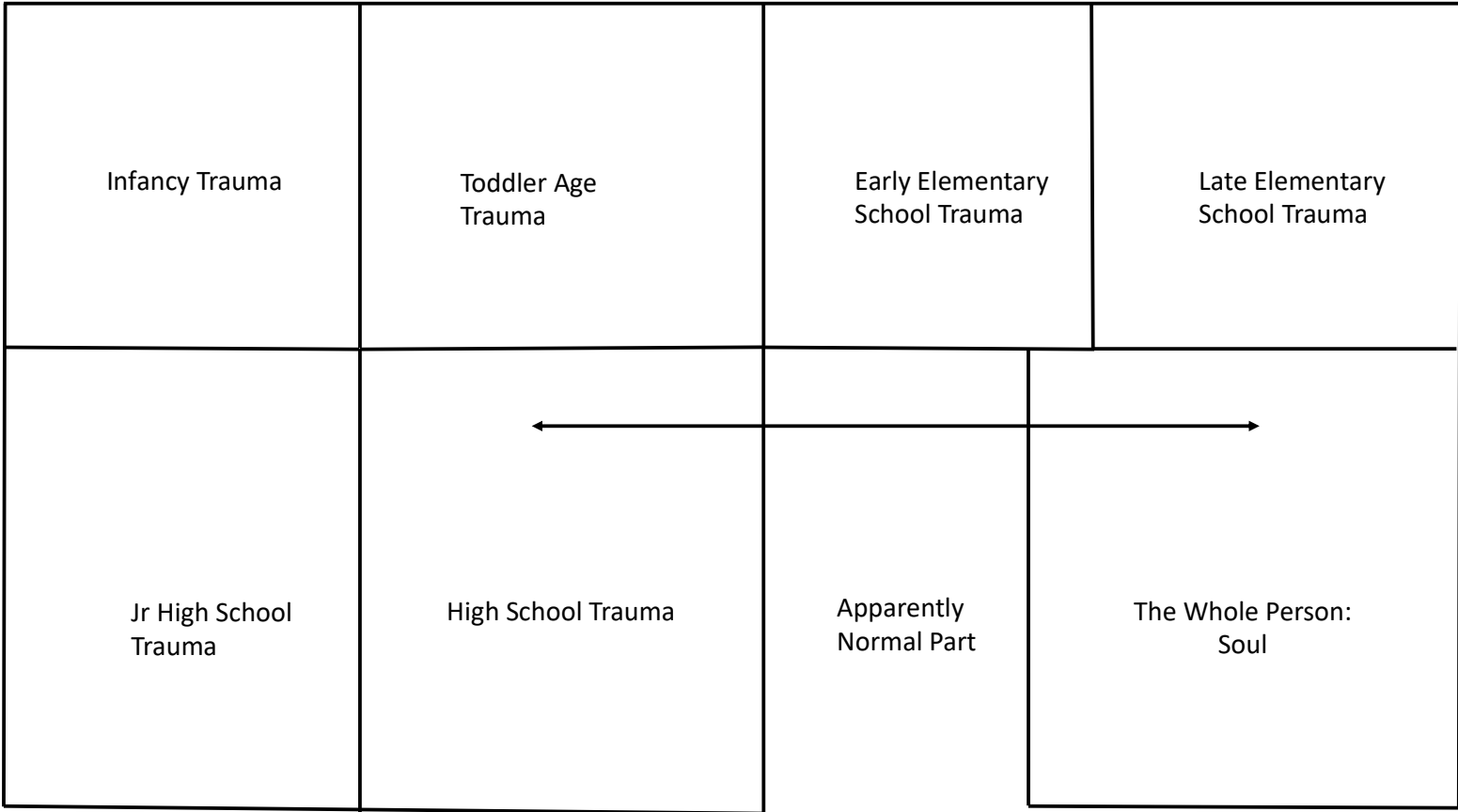
- I eat nutrient dense foods and a balance of lean proteins, complex carbohydrates, and healthy fats.
- I am the proper weight for someone of my age and stature.
- I have a hobby, sport, or recreational pursuit in which I participate.
- I desire to have a body that is healthy and strong so that I can fulfill the purpose/calling God has for me.
- I exercise with a friend, workout partner, or personal trainer.

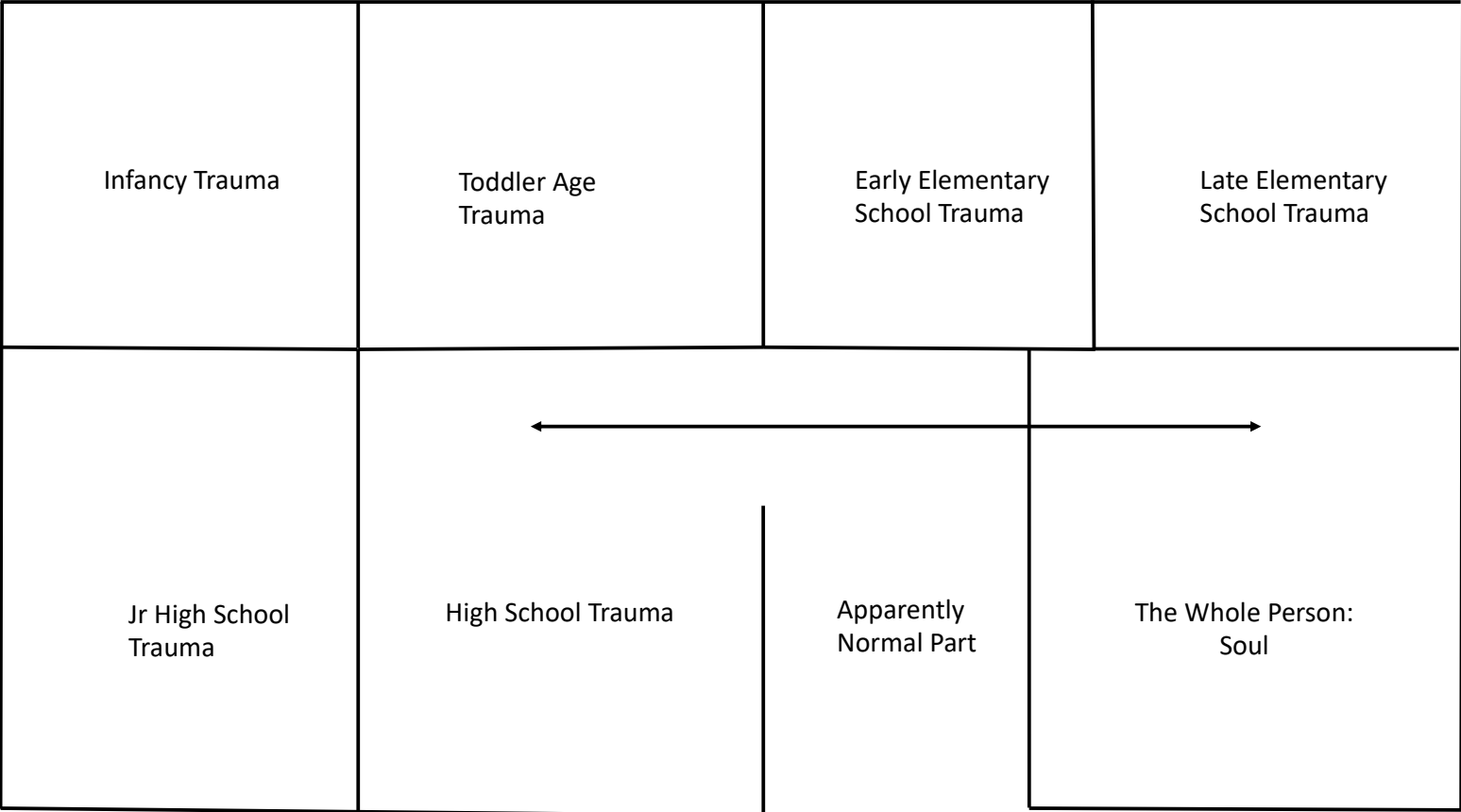
Missional Formation

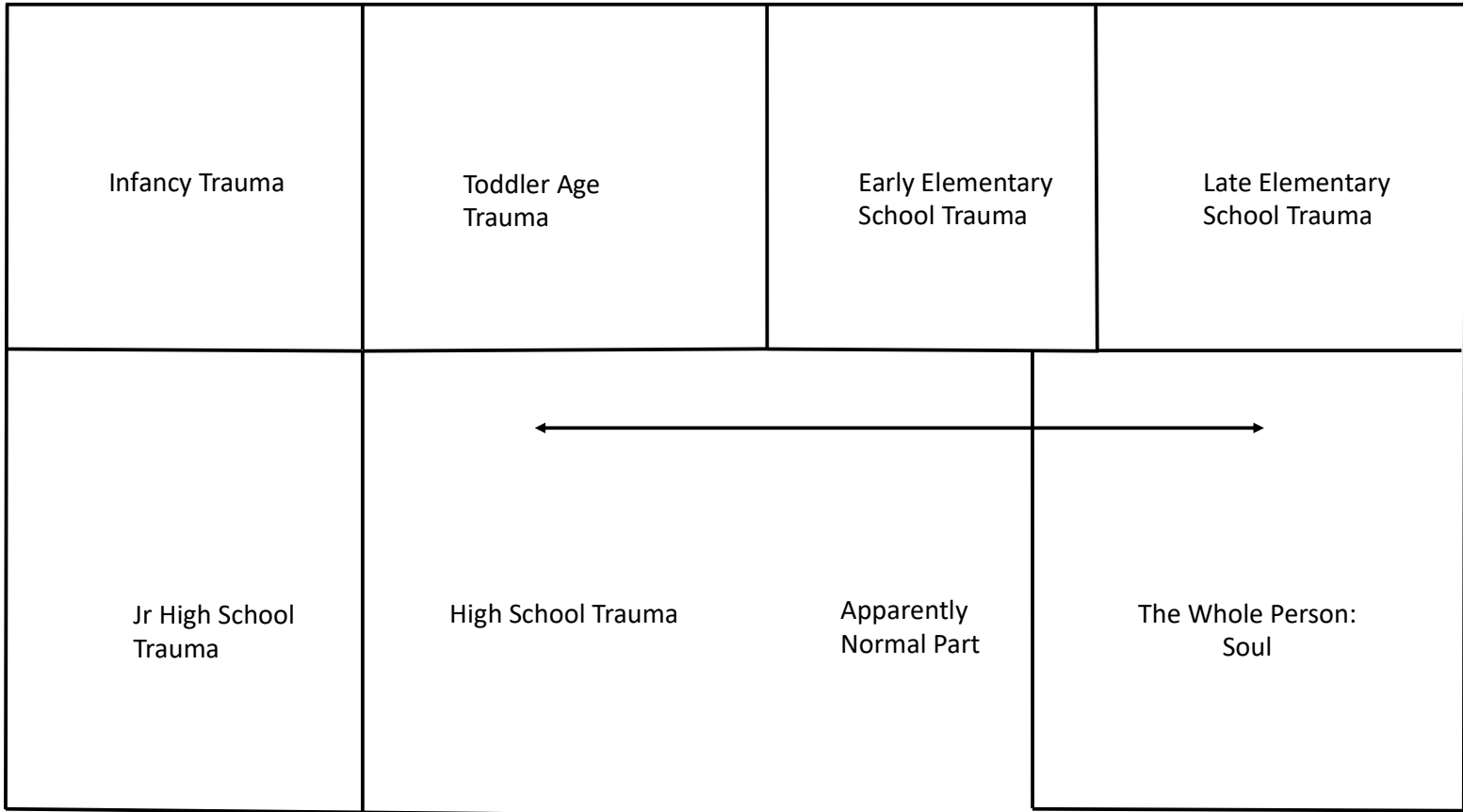
- I intentionally look for opportunities to bring the gospel of God's kingdom to others in words and actions.
- I am aware that I am actively living in the kingdom of God in my daily life.
- I practice hospitality in my home and life.
- I see myself as someone who is sent by God to the people I live and work with each day.
- I seek the wisdom and insight of a ministry coach to refine my missional passion, skills, and abilities.

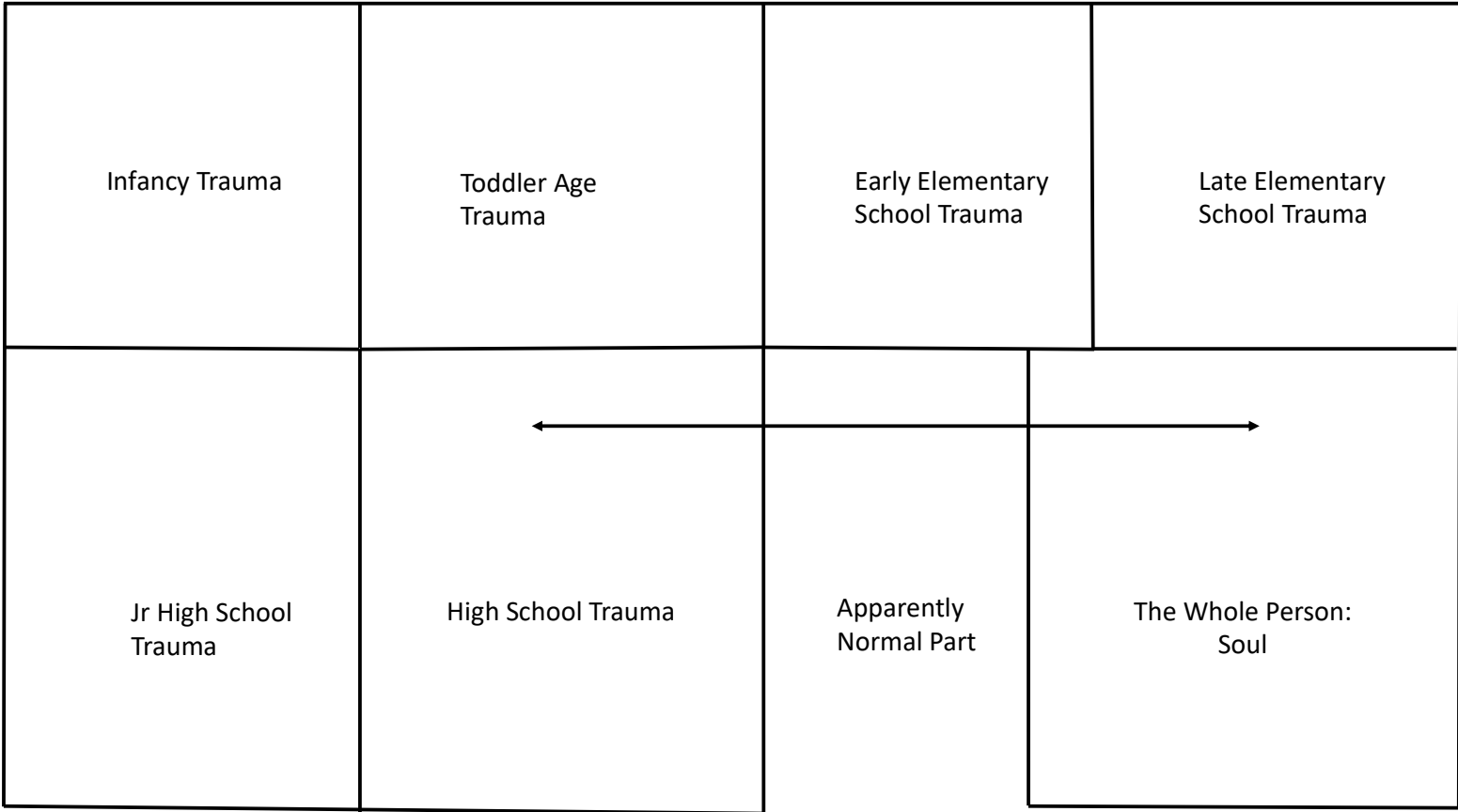
Missional Formation

- I read, study, or observe to understand the changes shaping the culture and community in which I live.
- I live the mission Jesus gave his followers in Matthew 28:18-20 to make disciples.
- I am involved in some form of social justice or compassion-based ministry.
- I am attempting to discern and participate in God's mission in my local context (e.g. neighborhood, school).
- I have a desire to be both biblically and theologically knowledgeable.

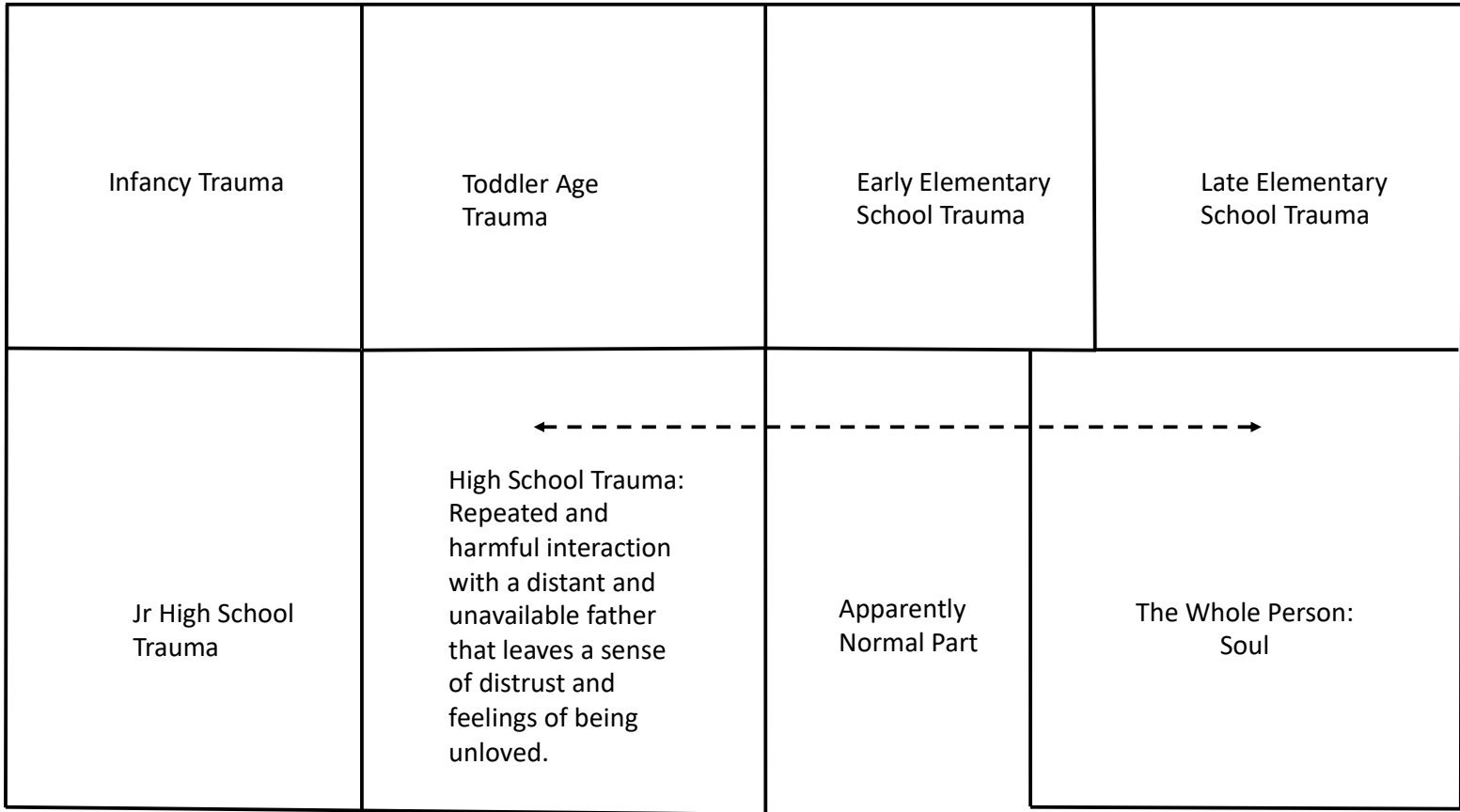


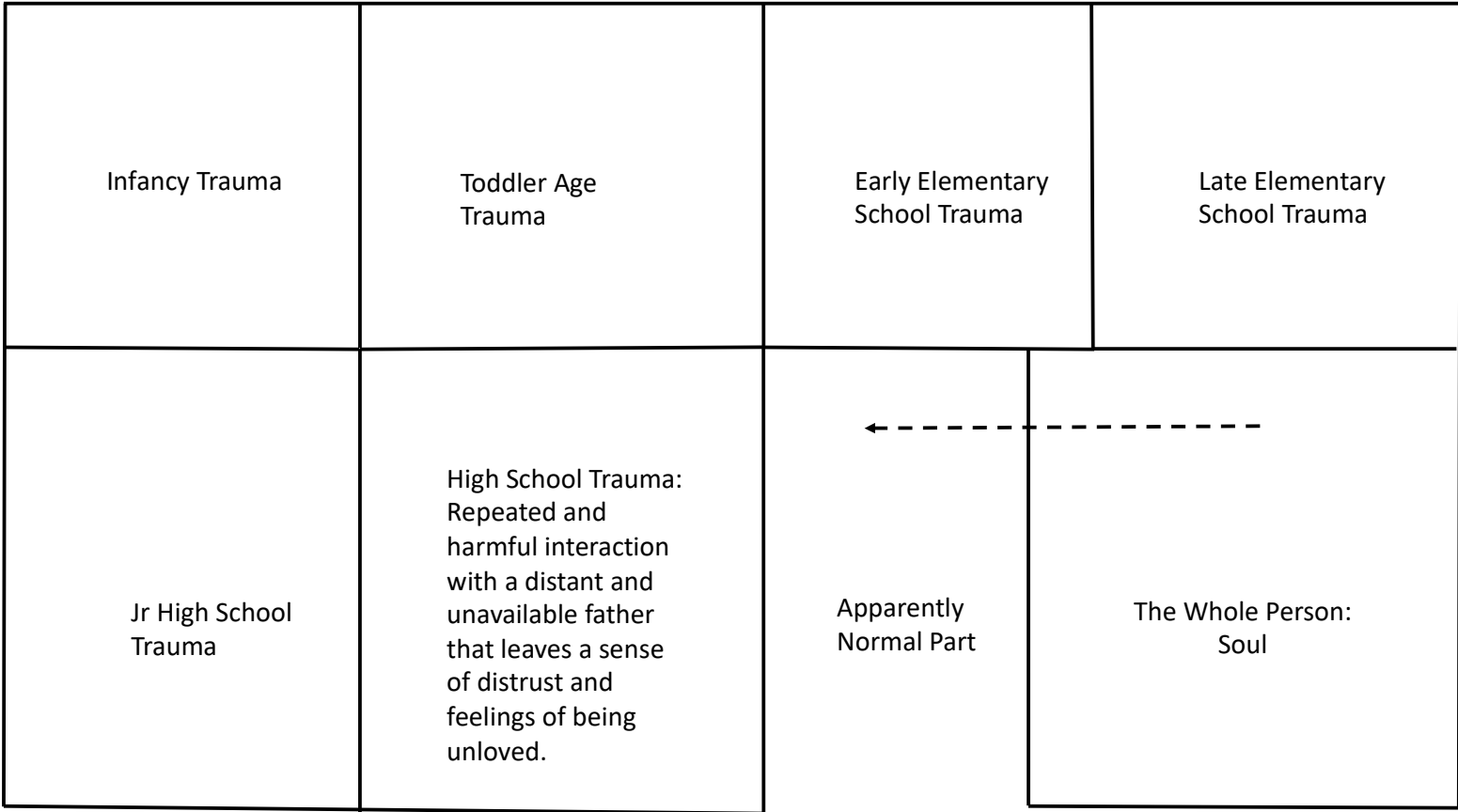






Infancy Trauma	Toddler Age Trauma	Early Elementary School Trauma	Late Elementary School Trauma
Jr High School Trauma	High School Trauma: Repeated and harmful interaction with a distant and unavailable father that leaves a sense of distrust and feelings of being unloved.	Apparently Normal Part	The Whole Person: Soul





Waste



Waste



How To Clean Up the Waste...

- Begin to engage in activities that strengthen your holistic formation: make small and observable changes in all six areas.
 - Spiritually: spend 1 minute in prayer or reading scripture
 - Good place to start in scripture is the “I am” passages
 - Emotionally: Be kind to yourself by finding one thing each day to be proud of, such as cleaning your room, showering, eating healthy food.
 - Relationally: Schedule a lunch with a friend, hold a door open for a stranger
 - Mentally: Engage in some form of relaxation or meditation exercise to quiet and calm your mind.

How To Change This Problem With Internal Communication

- Begin to engage in activities that strengthen your holistic formation: make small and observable change in all six areas.
 - Physically: develop healthy sleep hygiene by creating a bedtime routine.
 - Go for a 20 minute walk each day
 - Drink more water during your day
 - Eat one healthy meal a day
 - Missionally: Find a way to step out of your self and become involved in the community around you.
 - Volunteer in a cause you believe in.
 - Look for ways to bless others around you by doing something kind.

Coping Strategies to Deal with Trauma

Grounding Techniques:

1. Take a deep breath and slowly exhale as if you are bending the flame of a candle but are not blowing it out.
2. Use a soft and pleasant fabric to rub up and down your arm in a gentle and slow motion, paying particular attention to the physical sensation being created.
3. Find a pleasant and enjoyable aroma, such as vanilla or lavender, and breathe in the scent, noticing the positive reaction occurring in the body.

Coping Strategies to Deal with Trauma

Seek out the aide of a seasoned therapist who is versed in treating trauma.

Exercises to Change The Negative Inner Trauma Dialogue

- **Eviction Letter:** Write a letter that evicts the individual(s) that caused the harm in life. These individuals are often present in the negative thoughts and beliefs that are held about the self.
 - The exercise is best carried out by writing the letter out by hand. There is a stronger connection neurologically to what occurred, which aids in the processing of the experience.
 - Once the eviction letter is written you can keep it or destroy it.
 - For greater effect write the letter again the next day. Over time and repetition the hold of the emotions/thoughts will fade.
 - **Never give it to the individual!**

Mental Eviction Letter Example

LETTER TO THE TENANT IN MY HEAD FOR EVICTION

Date: _____

TO: _____

YOU ARE HEREBY NOTIFIED TO VACATE THE PREMISES OF MY MIND IMMEDIATELY. YOUR TENURE IN MY MIND HAS BEEN TERMINATED. YOU NO LONGER HAVE PRIVILEGE TO BY THOUGHTS AND EMOTIONS. YOU ARE TO CEASE AND DESIST ALL NEGATIVE COMMENTS AND ARE ORDER TO VACATE IMMEDIATELY. IF YOU FAIL TO COMPLY IN THE STIPULATED TIME FRAME ADDITIONAL ACTION WILL BE INITIATED IMMEDIATELY TO EVICT YOU FROM THE PREMISES OF MY MIND AND HEART.

(MENTAL LANDLORD)

(DATE)

Exercises to Change The Negative Inner Trauma Dialogue

- **Script Journaling:** Is an exercise intended to be a conversation between who you are today and the troubling experiences, emotions, and thoughts from the past.
 - The point of this exercise:
 - To improve the relationship you have with yourself.
 - Slows down the process that is naturally occurring in our mind so you can observe what is happening.
 - To increase awareness of how the past traumatic experiences have affected you.

Exercises to Change The Negative Inner Trauma Dialogue

- The point of this exercise continued:
 - To discover themes present in the traumatic experiences.
 - To shift the negative dialogue that usually occurs by responding in a kind and compassionate manner to yourself.
 - A means of building a bridge between the past and your present.

Exercises to Change The Negative Inner Trauma Dialogue

A Self-Hatred TEST:

- It irritates me when people bring up past traumatic situations.
- I would love to understand these traumatic experiences, but I feel like I can't face them.
- I want those past traumatic experiences to disappear as if they never happened.
- Sometimes I think I hear from these encounters, but I worry it's just my own ideas or my imagination playing tricks on me or that I made it all up.

Exercises to Change The Negative Inner Trauma Dialogue

A Self-Hatred TEST:

- I hate looking in the mirror.
- I doubt every decision I make.
- I believe people will always reject me.
- I never want anything bad to happen again in my life.

Example of Script Journaling

Me: _____

Anger: _____

Me: _____

Anger: _____

Example of Script Journaling

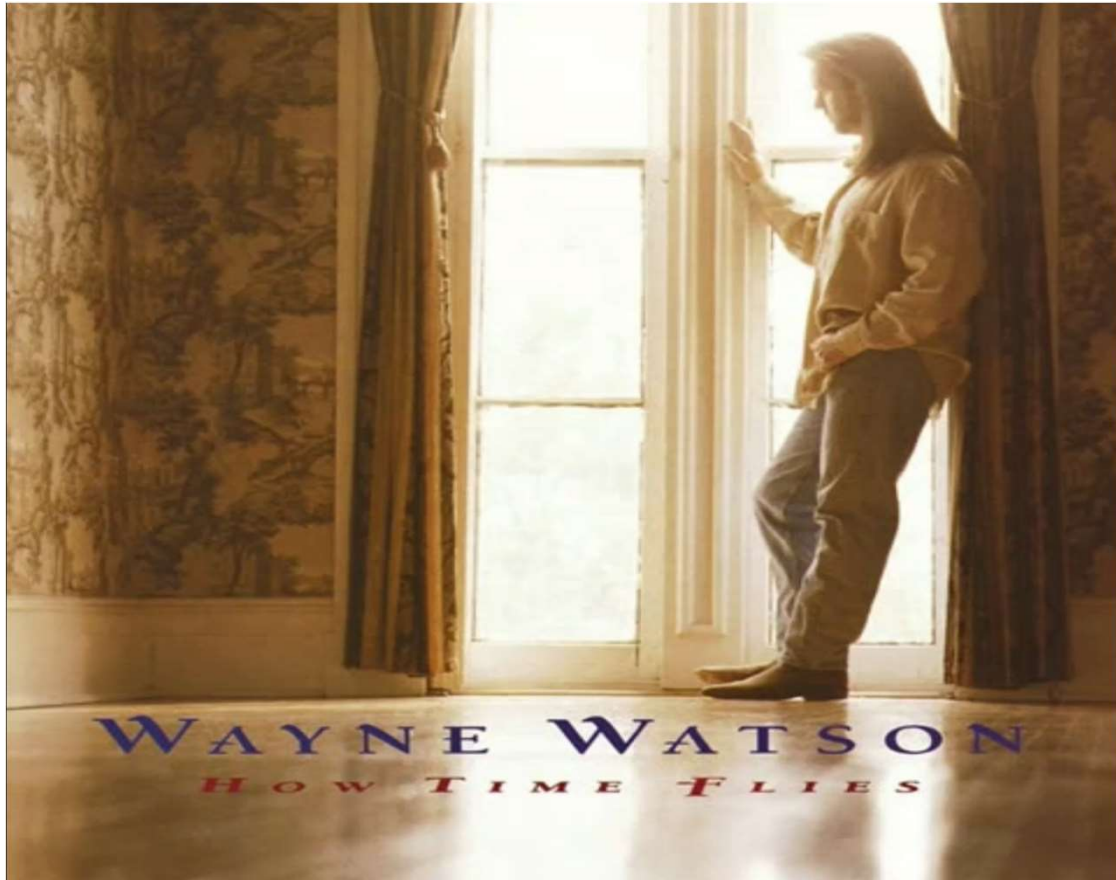
Me: _____

Anger: _____

Best Me or God: _____

Anger: _____

Touch of the Masters Hand by Wayne Watson



Waste



Waste



Garden



Thank You!

For allowing me to speak with you this morning.

Question & Answer: