

# Valley of the Shadow of Death

## *Part III: Invisible Wounds: Dealing With Post Traumatic Disorder*

### I. Symptoms of Post Traumatic Disorder

#### A. Re-experiencing

1. Flashbacks.
2. \_\_\_\_\_.
3. \_\_\_\_\_ thoughts.

#### B. Avoidance

1. Avoiding \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ reminding you of experience.
2. Strong \_\_\_\_\_, depression, or worry.
3. Losing \_\_\_\_\_ in past activities.
4. Emotionally \_\_\_\_\_ or \_\_\_\_\_ from others.

#### C. Hyper-charged

1. Easily \_\_\_\_\_.
2. Feelings of \_\_\_\_\_.
3. Difficulty \_\_\_\_\_.
4. Angry \_\_\_\_\_.

### II. Detection

#### A. Victims of PTSD

1. Anyone.
2. War \_\_\_\_\_.
3. Survivors of \_\_\_\_\_ and \_\_\_\_\_ abuse.

4. Accident and disaster \_\_\_\_\_.
5. People who have a \_\_\_\_\_ or \_\_\_\_\_ experience  
\_\_\_\_\_ or \_\_\_\_\_.

#### B. Timeline

1. What is the timeline of experiencing PTSD?

\_\_\_\_\_

2. To detect PTSD, a person must have all of the following for at least one month:

- a. One \_\_\_\_\_ symptom
- b. \_\_\_\_\_ avoidance symptoms
- c. Two \_\_\_\_\_ symptoms

### III. Solution

#### A. Counseling

1. Where should you discuss and face the memories of your trauma?

\_\_\_\_\_

2. What does re-visiting memory of trauma while safe helps to do?

\_\_\_\_\_

3. What does revisiting the memory of the trauma in a safe setting help to do? \_\_\_\_\_

#### B. Counseling Solutions

1. [www.theophostic.com](http://www.theophostic.com).
2. American Association of Christian Counselors [www.aacc.com](http://www.aacc.com).
3. Overcoming Pornography and Sexual Addictions because of trauma at [www.puredesire.com](http://www.puredesire.com).