

## Lesson #2



*Welcome Home Soldier*

Understanding the Affects of Abuse



## Welcome Home Soldier

DO YOU...

- Find yourself feeling “shocked”.
- Have anger for no reason.
- Are you fearful?
- Cry more than usual.
- Blame others for your pain.
- Avoid people or topics that cause you pain.
- Feel victimized.
- Feel guilty about “life”.
- Have a hard time focusing.
- Feel like a coward.
- Feel like you are going crazy.
- Lost your sense of self.
- Feel like you lost your purpose.
- Feel more vulnerable than usual.
- Question where God is.
- “Re-experience” your abuse and feel like it is real.
- Do certain sounds, scents or sights “trigger” bad memories.
- Do you become depressed around certain times of the year.
- Respond erratically for no apparent reason.
- Try to be strong even when you are not.
- Do you have phobias.
- Do you deny that you are stressed out.
- Do you isolate.
- Do you find yourself sensitive to noise or touch.
- Are you “jumpy.”
- Are you impulsive.
- Do you ever feel pointless.
- Do you suffer from anxiety attacks.
- Do you ever think about how you could have “died” from your incident.
- Do you suffer from nightmares or a lack of sleep, or by needing to much sleep.
- Do you feel guilty for trying to become happy.
- Is it hard to make decisions.
- Are you physically sick more than twice a year.
- Do you feel listless.
- Do you get really hyper yet aimless.
- Has your sex life become “needy” or lost.
- Do you find yourself drinking or smoking more.
- Are your relationships changing.

**“And I will restore these walls and the gates of hell shall not prevail against it.” - (Matthew 16:18)**