

5 Steps to Take When Your Past Abuse Still Haunts You

Do feelings of shame, anger, or fear from your past abuse overwhelm you? Perhaps you struggle to trust others. If these emotions sound familiar, consider these 5 steps.

Step #1 - Be willing to acknowledge the shame of your past.

The shame of my past left me striving to fix the brokenness and prove I was more than what happened to me. Consider asking yourself:

Can I identify shame's lies? Can I replace each lie with God's truth?

Step #2 - Be honest about your confusion.

My attempts to reconcile why those who could have protected me were unaware of what happened deepened my confusion. Ask yourself:

Has my past left me unable to move forward? What is one step I can take toward the peace God offers?

Step #3 - Be willing to admit you're angry.

Perhaps anger has become a close friend, and you wrestle with questions about God's goodness.

Does anger consume my thoughts and drive my behavior? Am I using anger as a tool to protect myself?

Step #4 - Be willing to face your fears.

Even when the object of your fear is gone, the resulting emotions can become a chain of bondage. If fear is still controlling your life, think about the following:

Have I become more isolated or anxious? What if I choose to hold onto God's promise to protect?

#5 - Be open to rebuilding trust.

I surrounded myself with people who were dependable and honest—then I let them in.

Do I find it difficult to trust others? What is one step I can take to be more trusting?

