

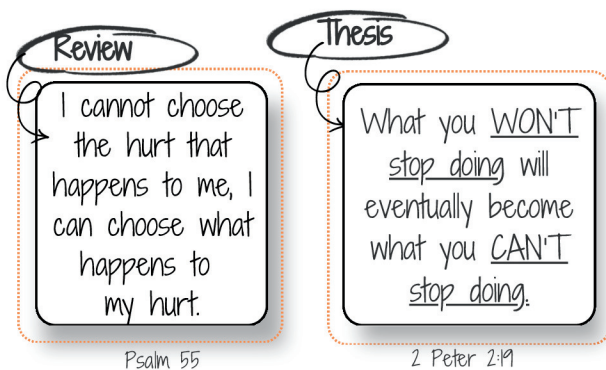


TRAUMA, TRIGGERS, & TRANSFORMATION

Triggered: Who's Really in Control?

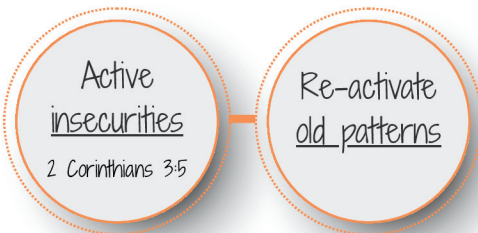
@ dr.conwayedwards

Genesis 4:1-8, 20:1-11, 12-18,
Genesis 26:1-11, Psalm 114, 147:3,
John 10:10, Hebrews 5:12-14



What if your biggest problem is not your situation, but your triggers?

Internal and External Triggers Cue



Whenever the reaction doesn't match the action, you've been triggered.

Triggers are...

which activate

Unresolved Emotional Wounds

producing

Disproportionate Reactions

leading to

Cycles of Pain

Mindsets

Situations

People

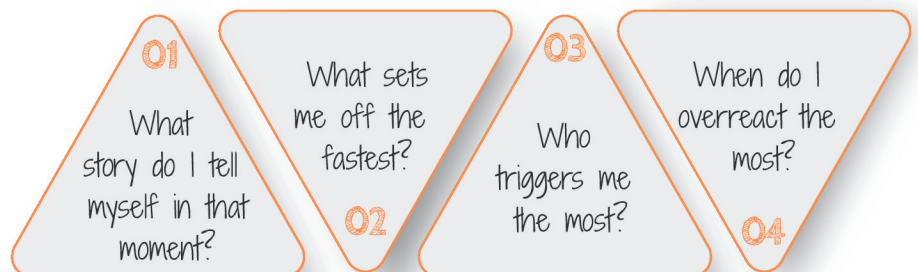
Environments

3 Principles

Luke 6:45



How to Identify Triggers



DIGITAL SCREEN & SERMON NOTES

available after 3p
on Sunday
@visitonecc.com



ONE
COMMUNITY CHURCH



(469) 609-1909



gotquestions@visitonecc.com

Root Cause = Insecurity

1

An internal fear that what you are, what you have, or who you are becoming is not enough.

2 Corinthians 3:5

2

It's a feeling that you have to defend, prove, perform, or hide because deep down inside you do not feel steady, safe, or sufficient.

Galatians 1:10

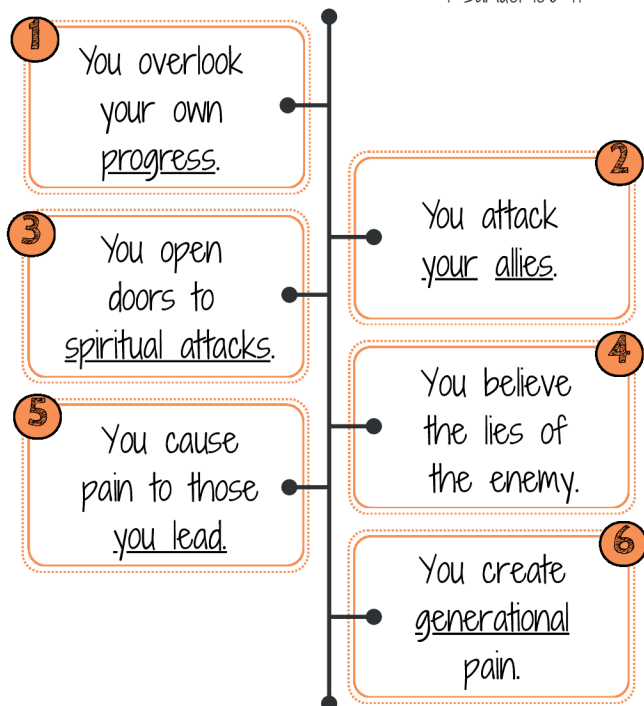
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Signs of Insecurity:

- ➔ Defensiveness
- ➔ Jealousy
- ➔ Overcompensating
- ➔ People-pleasing
- ➔ Controlling behavior
- ➔ Fear of rejection
- ➔ Difficulty receiving correction
- ➔ Needs attention to feel significant

6 Effects of Unmanaged Triggers

1 Samuel 18:6-11



5 Major Triggers

Most of our triggers fall into 5 buckets

Genesis 4:1-8

Every Trigger Lives Somewhere

1

What you feel.

[Emotions]

Genesis 4:5, Jeremiah 17:9

2

Who you're with.

[Relationships]

Genesis 4:8, Proverbs 13:20

3

Where you are.

[Environment]

Genesis 4:3, Genesis 13:10-11

4

What you believe.

[Thought Pattern]

Genesis 4:5 + 8, 2 Corinthians 10:5

5

What you've been through.

[Past Wounds]

Genesis 3:23, Psalm 147:3

Remember

- 1 What you tolerate grows.
- 2 What you manage weakens.
- 3 Triggers take you back; but God is trying to take you forward.

Genesis 20:1-11, 26:1-11

SCAN HERE OR
Text "JESUS"
469-609-1909
to accept Christ



Pathway to Healing

Admit you have triggers.

1 John 1:8-9

Expose triggers to truth.

John 8:31-32

Address wounds, not just behavior.

Psalm 147:3

Practice emotional awareness.

James 1:19

Manage, don't deny temptation.

1 Corinthians 10:13