



Dead to Me
Group Guide - WEEK 3

This weekend, the Vertical community had the unique privilege of listening to a conversation between lead pastor Ben Derrick and Lisenced Trauma Therapist, Karen White.

Karen and Ben defined trauma and the ways it impacts our ability to forgive ourselves and others. If you haven't had a chance to listen to the conversation, trauma is defined as a deeply distressing or disturbing experience. Trauma is anything that is less than nurturing. They discussed big T and little T trauma, and how we typically categorize them.

1. Trauma is defined differently by everyone, how do you define it?
2. Do you feel as if you have unhealed little or big T trauma? Or trauma you've recently found healing from? (leaders, you may need to lead out on this part as it's a vulnerable topic)
3. Karen said a powerful statement "something will work until it doesn't work anymore. " (example: alcohol numbs and works for a little, and then it doesn't) if you're comfortable sharing- what are some unhealthy coping mechanisms you've tried that don't work? (shopping, eating...etc)
4. Karen advised to meet with trusted people to talk through trauma, and if you haven't already, make therapy a priority. What are some other ways you've found to heal of past traumas? What are some healthy coping mechanisms?

Take away:

- It IS possible to forgive big trauma in our lives.
- facing something is better than fleeing from it