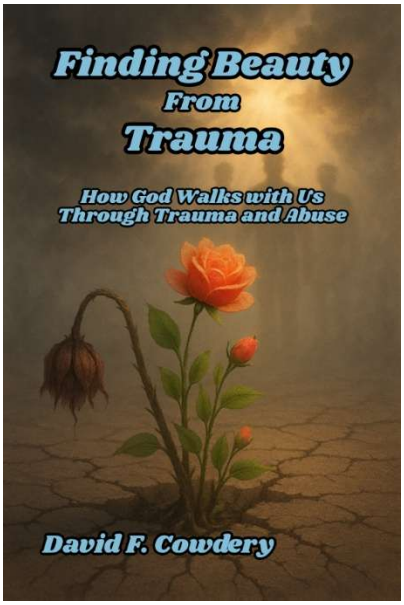
DO YOU RECOGNIZE YOURSELF HERE?



A Free Trauma Signs Checklist from *Finding Beauty from Trauma*

by David F. Cowdery

Many people carry the effects of trauma for years without ever having a name for what they're experiencing. They just know something feels wrong — a reaction that's too big, a wound that won't fully close, a constant sense of anxiety, a distance from God they can't explain.

This checklist is drawn directly from *Finding Beauty from Trauma*, the companion to *Hope for the Hurting*. Read through each section slowly. Check anything that sounds familiar. There's no score to calculate — this isn't a diagnosis. It's simply a mirror.

💔 EMOTIONAL

- I've felt a wave of fear, anger, or shame that seemed bigger than the moment called for
- I sometimes feel numb, even in moments I "should" feel something
- I carry a quiet sense of hopelessness I can't fully explain

💪 PHYSICAL

- I struggle with sleep, tension, or fatigue that doesn't improve with rest
- My body reacts (racing heart, tight chest, stomach trouble) to things that aren't actually dangerous

🧠 COGNITIVE

- I have memories, images, or thoughts that intrude without warning
- I hold beliefs about myself that feel like fact but sound like: "I can't trust anyone," or "I'm permanently damaged"

👣 BEHAVIORAL

- I avoid certain people, places, or conversations without always knowing why
- I've used food, substances, work, or something else to numb what I'm feeling

👥 RELATIONAL

- I struggle to trust people, even ones who've given me no reason not to
- I find myself pulling away from closeness, or clinging too tightly to it

🪷 SPIRITUAL

- I've felt distant from God, or angry with Him, since something happened to me
- My picture of God feels more like a judge than a Father

If you checked more than one box — even across different categories — that's not a coincidence, and it isn't weakness. It's evidence that something real happened to you, and it left marks in more than one place. Naming it is the first step toward healing it.

THE TOOLS INSIDE *FINDING BEAUTY FROM TRAUMA*

This checklist is just the starting point. Inside the full book, you'll find:

- A complete framework for recognizing trauma's signs across every part of you
- A biblically grounded way to work through anger at God — without losing your faith
- A clear answer to where God actually was, and where He wasn't, when you were hurt
- The hidden "paradigms" quietly shaping your thoughts, relationships, and self-image — and how to rebuild them on truth
- A Cognitive Behavioral Therapy–informed, Scripture-centered process for replacing old lies with what's actually true
- A four-part framework for forgiveness — including forgiving God, yourself, and even circumstances with no one to blame
- Practical tools for calming your body in the moment fear takes over
- A lifelong practice for hearing God's voice and wisdom as you keep healing

Finding Beauty from Trauma: How God Walks with Us Through Trauma and Abuse — coming soon.