Hope for the Hurting

Quick-Reference Chart: Signs of Dysfunctional Thinking & God's Truth

Shame · Fear · Rage · Despair · False Identity · Abandonment

Signs of dysfunctional thinking & feeling	Who God says you are	Healing scriptures to meditate on
SHAME & WORTHLESSNESS		
I am the problem · I am damaged goods Feeling like a disease, not someone with a wound. Deep self-loathing after abuse. Convinced you are beyond repair.	**Psalm 139:13–14** *"You knit me together in my mother's womb. I am fearfully and wonderfully made."* **1 Peter 2:9** *"You are a chosen people, a royal priesthood, God's special possession."*	**Isaiah 61:7** *"Instead of shame you will receive a double portion… everlasting joy will be yours."* **Romans 8:1** *"There is now no condemnation for those who are in Christ Jesus."*
I must hide · My secrets define me Wearing different masks in every environment. Convinced people would reject you if they knew the real you.	**Ephesians 2:10** *"You are God's handiwork, created in Christ Jesus to do good works."*	**John 8:32** *"Then you will know the truth, and the truth will set you free."* **James 5:16** *"Confess your sins to each other and pray… so that you may be healed."*
FEAR & HYPERVIGILANCE		
Everyone will hurt me · I can't trust anyone Constantly scanning for danger. Withdrawing before relationships begin. Isolation as default survival mode.	**2 Timothy 1:7** *"God has not given us a spirit of fear, but of power, love, and a sound mind."*	**Isaiah 41:10** *"Do not fear, for I am with you. I will strengthen you and help you."* **Psalm 27:1** *"The Lord is my light and my salvation — whom shall I fear?"*
I must be perfect to be safe · Love is always conditional Extreme people-pleasing. Performing for approval. Believing love will be withdrawn at any mistake.	**Romans 8:38–39** *"Nothing in all creation will be able to separate us from the love of God."*	**1 John 4:18** *"Perfect love drives out fear, because fear has to do with punishment."* **Romans 5:8** *"While we were still sinners, Christ died for us."*
RAGE & RESENTMENT		
Anger is my only strength · I must strike first Hair-trigger reactions to perceived disrespect. Pre-emptive attack as defense. Confusing rage with power.	**Psalm 18:2** *"The Lord is my rock, my fortress and my deliverer; my God in whom I take refuge."*	**Romans 12:19** *"Do not take revenge… 'It is mine to avenge; I will repay,' says the Lord."* **Ephesians 4:31–32** *"Get rid of all bitterness and rage… Be kind and compassionate, forgiving each other."*
I can never forgive · They must pay Replaying injustices compulsively for years. Bitterness that has become part of identity.	**Colossians 3:12–13** *"As God's chosen people, holy and dearly loved, forgive as the Lord forgave you."*	**Hebrews 12:15** *"See to it that no bitter root grows up to cause trouble and defile many."* **Matthew 18:22** *Forgive not seven times, but seventy-seven times — a command and a freedom.*

DESPAIR & HOPELESSNESS		
Nothing will ever change · I have no future Persistent sense that healing is for other people. Passive death-wish. Unable to imagine a good future.	**Jeremiah 29:11** *"I know the plans I have for you… plans to give you hope and a future."*	**Lamentations 3:21–23** *"Because of the Lord's great love we are not consumed… his compassions never fail."* **Psalm 34:18** *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
I am too tired to keep going Emotional numbness after prolonged suffering. Exhaustion that feels permanent. Feeling neither alive nor dead.	**Psalm 139:16** *"All the days ordained for me were written in your book before one of them came to be."*	**Isaiah 40:29–31** *"Those who hope in the Lord will renew their strength. They will soar on wings like eagles."* **Matthew 11:28** *"Come to me, all you who are weary and burdened, and I will give you rest."*
FALSE IDENTITY & SELF-REJECTION		
I am what was done to me · My past is who I am Defining self entirely by wounds. Believing the abuser's words are the truest words spoken over you.	**2 Corinthians 5:17** *"If anyone is in Christ, the new creation has come: The old has gone, the new is here!"* **Genesis 1:27** *"So God created mankind in his own image, in the image of God he created them."*	**Isaiah 43:18–19** *"Forget the former things… See, I am doing a new thing! Now it springs up."* **Romans 12:2** *"Be transformed by the renewing of your mind."*
I am unlovable · I am too broken to be used Pushing people away before they can leave. Convinced God could never use your story.	**Song of Solomon 4:7** *"You are altogether beautiful, my darling; there is no flaw in you." (God speaking over you)*	**2 Corinthians 1:3–4** *"God comforts us so that we can comfort those in any trouble with the same comfort we receive."* **Joel 2:25** *"I will repay you for the years the locusts have eaten."*
ABANDONMENT & MISTRUST OF GOD		
God allowed this · God is like my abuser Projecting an abusive father onto God. Believing abuse was God's punishment. Seeing God as angry, distant judge.	**Zephaniah 3:17** *"The Lord your God is with you… He will rejoice over you with singing."*	**Psalm 22:24** *"He has not despised the suffering of the afflicted one; he has listened to his cry for help."* **Romans 8:15** *"The Spirit you received brought about your adoption. And by him we cry, 'Abba, Father.'"*
I am always alone · No one will stay Deep loneliness even in community. Expecting betrayal. Isolation as the only safe state.	**Psalm 68:6** *"God sets the lonely in families."* **John 1:12** *"To all who received him… he gave the right to become children of God."*	**Deuteronomy 31:8** *"The Lord himself goes before you… he will never leave you nor forsake you."* **Hebrews 13:5** *"Never will I leave you; never will I forsake you."*

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