

ABUSE
THE VICTIM'S CREED

1. Pleasure must be stolen and thus can never be enjoyed.
2. If I have to wait for something, it won't happen.
3. If I work as hard as I can, I will just pass. There's no hope for an "A."
4. No matter how hard I work, some part of me says, "You could have tried harder."
5. God/man can't possibly be happy with me the way I am; therefore I must change.
6. Change is impossible, i.e., things will always be the same.
7. I always feel guilty about something.
8. I feel safest when no one pays attention to me.
9. I hate myself whenever anyone shows disappointment in me.
10. People are out to "Rip me off." Consequently I can't trust anyone.
11. I am powerless, insignificant, and can't stand up to people.
12. Whatever I'm doing right now, I know there's something else more important that I should be doing.
13. Rewards are to be earned; it's just that I've never done quite good enough to deserve any.
14. Whenever I decide to reward myself I've taken too much or delighted myself in the wrong thing, e.g., food, sex, alcohol, etc.
15. When someone tells me, "No" or says, "You can't," I get really angry and refuse to listen anymore. I oftentimes go ahead and do it anyway.
16. My mind is always racing—I'm always thinking and wondering why I behave the way I do. My conclusion—there's something really wrong with me.
17. I hate my body.
18. I hate myself.
19. I don't think anybody will ever understand, and, besides, I don't know how to tell them.

Long term effects of abuse

- A. Difficulty in forming trusting relationships
- B. Reluctance to discuss problems
- C. Feelings of being exploited, abandoned, never listened to
- D. Is hostile, criticizes, blames others
- E. Difficulty in nurturing important others
- F. Unreasonable expectations from themselves and others –examples of expectations: home responsibilities, vacations, types of friends, forms of entertainment, child-rearing practices, money expenditures, church
- G. Sets oneself up for failure
- H. Operates in fear, pride and rebellion
- I. High probability of marital discord
- J. High probability of suicidal tendencies
- K. High probability of academic and/or vocational difficulties
- L. Lack of forgiveness towards oneself and others
- M. Identity problems
- N. Lacks problem solving abilities, cannot see alternatives (tunnel vision)
- O. Lack of ability to trust own feelings
- P. Low self-esteem
- Q. Coping abilities are down.
- R. Significant memory gaps are present.
- S. Repressed anger
- T. High probability of eating disorders
- U. Distorted natural development of sexual activity: delayed, altered, perverted, or inhibited.
- V. High probability of physical problems: physical damage, migraine headaches, asthma, etc.
- W. Becomes manipulator
- X. Predisposition to being re-victimized
- Y. Addictive behavior patterns
- Z. Anxiety attacks

Steps to recovery

A. Establish relationship with the Lord

B. Commit to Biblical counseling: it includes the following:

1. Righteousness teaching/application
 - a. II Corinthians 5:21; Ephesians 1:4; Colossians 1:22, Hebrews 1:9, etc.
 - b. Must understand this concept in order to walk in freedom because shame and guilt are primary feelings with victim.
2. Forgiveness taught/applied
 - (1) Recognizing unforgiveness as idolatry
 - (2) Recognizing as bitterness and a right we do not have as Christians.
 - (3) Recognizing it is not an emotion
 - (4) Recognizing that one does not necessarily need to go to the one that needs to be forgiven to tell him/her so.
 - (5) Recognizing the works of unforgiveness: judging, envy, rejection, gossip, vengeance, pride, rebellion, etc.
 - (6) Scripture: Matthew 18:34-35
 - (7) Prayer of forgiveness should include asking forgiveness from the Lord for holding unforgiveness, choosing to forgive, forgiving those who have wronged the victim and then add as the Spirit leads
3. Generational curse teaching/application
 - a. Scripture: Deuteronomy 28:15-ff
 - b. Examples of curses to be aware of from above scripture:
 - (1) Confusion
 - (2) Frustration
 - (3) Childlessness
 - (4) Hunger/want
 - (5) Diseases
 - (6) Defeat
 - (7) Boils/ulcers
 - (8) No healing
 - (9) Unable to eat the fruit of your labors
 - (10) No promotion
4. Deliverance teaching/application
 - a. Scripture: 1st Corinthians 6:16
 - b. Examples of possible demonic manifestations
 - (1) Lust (whoredom)
 - (2) Hate
 - (3) Perversion (lying)
 - (4) Murder
 - (5) Poverty/infirmity
 - (6) Rejection (fear)
 - (7) Rebellion
 - (8) Pride

- c. Steps to freedom from curse/demonic manifestation
 - (1) Establish relationship with God
 - (2) Understand one's authority as a believer
 - (3) Understand the curse/manifestation
 - (4) Rely on gift of discernment
 - (5) Pray, speaking with the power of Jesus over every manifestation/curse.
 - (6) Expect Jesus to protect, cleanse the person
 - (7) Continue with scripture and prayer to fill the emptiness that the enemy has had to leave behind
 - (8) Refuse to entertain the spirits that will attempt to return; don't even talk to them.
- d. Bitterroot judgment/determination teaching/application
 - (1) Matthew 7:1-2; Romans 2:1-2; Hebrews 12:15: Bitterroot scriptures
 - (2) Determination scriptures: MATTHEW 5:33-37; Isaiah 28:18
 - (1) Recognition of symptoms of judging or making determinations. Note: a person does not have to remember making the judgment/determination.
 - (2) Repentance of judgment/determination
 - (3) Prayer for person to begin to become the adult/mature person as seen in 1st Corinthians 13:11
 - (4) Speak to mind/body to be healed and to receive the healing.

Reporting

- A. All 50 states require reporting
- B. Everyone must report: professional to neighbor as well.
- C. Ethics: Is it really Christian to report? Shouldn't we settle in the church according to 1st Corinthians 6?
Scripture: Romans 13:1; 1st Peter 2:13; Matthew 23:36-40
- D. Once reported to local social services, they take over with many support people intervening.