

Pieces to the Puzzle of Healing

What are the pieces to the puzzle?

- integration

This is the "merging" or bringing together of the various personalities into union with the core personality. Sometimes this integration is spontaneous as lies surrounding a traumatic event are removed, while sometimes it is a process that may last for many weeks, months or, on occasion, years.

Many erroneously feel that integration IS healing. I see it as a byproduct of healing as some of the "skills" listed below are learned and embraced as a life style.

- coping (ITMT or "In the Mean Time")

The focus of this piece to the puzzle of healing is, while I am waiting and working toward wholeness, how can I cope with not only the devastating memories that are coming forward but also the trauma of having DID currently.

- acceptance of truth about DID

Mental and emotional truth are crucial for a stable, Godly life. For the person with DID, not only believing what is true about their past but also about the reality that they DO have DID is an important step toward total healing.

- learning how to take responsibility for feelings and actions and mature emotionally

Up until integration, the person's emotional responses have been fragmented as each "part" usually holds an intense emotion such as rage, fear or shame. As the person heals, they must learn how to deal with these newly realized emotions and also must learn how to not dissociate again when severely stressed.

- grow spiritually

What are the major areas where spiritual growth is needed?

- 1) learning to trust God

This involves learning not to be afraid/mad at Him; to resolve misdirected anger at God. This is largely done through replacing lies with truth and submitting to God's timing for one's healing and spiritual growth.

- 2) learning not to be afraid of the enemy

This is especially important when the person has an SRA (Satanic Ritual Abuse) background. It involves repatterned their thinking to absorb God's perspective on spiritual warfare -- that Satan is not stronger than God.

3) having their soul restored

Part of the process of healing is allowing God to restore their soul, so that their thought and emotional responses all reflect the truth. This may also involve finding clarity about their identity in Christ and moving away from a victim mentality.

How can you encourage those with DID to move forward in their healing?

- Encourage them to grow spiritually by steeping their mind in Word

Teach them specific skills to access Scripture for themselves such as: using the Word as the "Sword of the Spirit" finding verses to combat specific strongholds. Also teach them how to see God's "face" i.e., character in the Word. Teach them how to meditate, to pray Scripture back to God and to turn Scriptural truths into affirmations of choice.

- Encourage them to learn to "wait" on the Lord

Explain to them that the word "wait" in Scripture means three things: 1) expect eagerly, 2) continue steadfastly and 3) to sit constantly beside.

This involves helping them fight against hopelessness by perhaps memorizing the verses about hope listed below

-JOB 11:18 "Then you would trust, because there is hope; and you would look around and rest securely.

-Psalm 9:18 For the needy will not always be forgotten, nor the hope of the afflicted perish forever.

-Psalm 31:24 Be strong, and let your heart take courage, all you who hope in the Lord.

-Psalm 33:18 Behold, the eye of the Lord is on those who fear Him, on those who hope for His loving-kindness,

-Psalm 38:15 For I hope in Thee, O Lord; Thou wilt answer, O Lord my God.

-Psalm 39:7 "And now, Lord, for what do I wait? My hope is in Thee.

-Psalm 42:5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.

-Psalm 62:5 My soul, wait in silence for God only, for my hope is from Him.

-Psalm 71:5 For Thou art my hope; O Lord God, Thou art my confidence from my youth.

-Psalm 71:14 But as for me, I will hope continually, and will praise Thee yet more and more.

-Psalm 119:116 Sustain me according to Thy word, that I may live; and do not let me be ashamed of my hope.

-Psalm 130:5 I wait for the Lord, my soul does wait, and in His word do I hope.

-Psalm 130:7 O Israel, hope in the Lord; for with the Lord there is loving-kindness, and with Him is abundant redemption.

-Psalm 146:5 How blessed is he whose help is the God of Jacob, whose hope is in the Lord his God;

-Jeremiah 29:11 'For I know the plans that I have for you,' declares the Lord, 'plans for welfare and not for calamity to give you a future and a hope.

-Jeremiah 31:17 "And there is hope for your future," declares the Lord, "and your children shall return to their own territory.

-Lam. 3:24 "The Lord is my portion," says my soul, "therefore I have hope in Him."

-Romans 15:13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

-2Cor. 1:10 who delivered us from so great a peril of death, and will deliver us, He on whom we have set our hope. And He will yet deliver us,

-2 Thess. 2:16&17 Now may our Lord Jesus Christ Himself and God our Father, who has loved us and given us eternal comfort and good hope by grace, comfort and strengthen your hearts in every good work and word.

-Hebrews 10:23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful;

- Help them fight against discouragement

Encourage them to keep doing what they know to do, even if the results don't show yet

-Is. 26:3 "The steadfast of mind Thou wilt keep in perfect peace, because he trusts in Thee.

-1Cor. 15:58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord.

- Encourage them to allow God to restore their damaged soul

Perhaps, do a short Bible study with them about:

What does God do for our soul?

-restores -- Ps. 23:3

-brings out of hell -- Ps. 30:3

-redeems -- Ps. 49:15

-sustains -- Ps. 54:4

-brings peace -- Ps. 55:18

-delivers -- Ps. 56:13

-is a refuge -- Ps. 57:1

-upholds -- Ps. 63:8

-satisfies -- Ps. 107:9

-keeps from being overwhelmed -- Ps. 124:4

-comforts -- Ps. 131:2

-renews/restores -- Lam. 5:21