

# **Little Angel on My Shoulder...**

## **Introduction for Caregivers**

*--- Events create thoughts. Thoughts create feelings. Feelings create beliefs.---*

B.P.

When people experience frightening, life-threatening experiences, Post-Traumatic Stress Disorder can occur. The condition is worse when the onset is early. Wrong beliefs develop when bad things happen chronically early on. Old beliefs die hard.

Children who have experienced abuse, trauma, and neglect early in life tend to see the world and themselves in a negative light. Because of early unsavory experiences, they may have problems in relationships with themselves and with others. They may hate themselves and trust no one. They may misjudge the intentions of good people by recreating situations of victimization. They may become their own perpetrator as anger is turned in on themselves or onto others. These children may wrongly blame, taking no responsibility for their hurtful actions. Or, they may live immobilized in a world of fear and anxiety. Past, terrifying experiences tend to invade sleep and distort awake time as events are replayed on a never-ending disc.

“Oh, honey, that’s not true,” we say. “You’re smart. You’re beautiful. You’re safe. We love you.” But the traumatized child may not have had our loving, calm faces to look upon early in life nor our strong arms to wrap around him when bad things happened. When our good intentions get pushed away, we might feel saddened and rejected by our failed attempts to make it all better.

Raising children would be so much easier if we could crawl inside of a child’s head and make him see himself and the world as God would have him see it. By the time people are old enough

to read and write, the changing of the mind is essentially up to them. All we can do is help. The internal voice of the Father, the heavenly Father, has to somehow become stronger. The bad things that happened may have strengthened the voice of the enemy.

*---We can't change the events that happened.*

*But we can change the thoughts made by the events.*

*New thoughts make new feelings. New feelings make new beliefs*

*Our beliefs should return us to God.--*

*B.P.*

A caregiver is a child's teacher. In this workshop, you'll learn how to help children restructure their minds in a stronger, much more positive way. Two parts of the self live in the mind: The self that is broken and defeated and the real self...the self that God created. As the child learns to defend himself from the enemy and take his power back, he learns to see himself as God sees him.

Life is a journey of getting back to God. Some of us, due to the events of our lives, may have a harder journey than others. That's because God needs us to help make the way back home for others just a little bit easier.

Experience is the best teacher. And all teachers were once students. Unfortunately, time, love and a good home don't always so easily erase the effects of early trauma. Sometimes good therapy is necessary. The more tools caregivers have to help their children, the better. Victims can become victors. My prayer is that this workshop will help you help your child strengthen that still, small voice within.

*For as he thinks in his heart, so is he.*

*Proverbs 23:7*