



## Touchstone Counselling - IHP

### Identifying Emotional Wounds

The first thing we need to do is identify the problem, and realize the need for inner healing. Below is a common list of common symptoms to look for in somebody who has an emotional wound:

**Inner rawness:** There's often a sense of inner rawness and hurt that doesn't seem to go away.

**Irritability:** It's easy to become irritable with others, even if they aren't doing anything wrong!

**Little or no tolerance:** There is a low tolerance issue with others, where you expect and demand from them.

**Feelings always rising up:** Feelings of anger, hate, resentment, etc. seem to "rise up" within you at the slightest offense from others.

**Overly sensitive about an event in your past:** If there are events in your past which cause you to become very sensitive or angry, or even cause you to lash out, then it is likely revealing a deep emotional wound tied in with that event or memory.

**Hard to forgive:** It becomes very difficult, if not impossible to love and therefore forgive others. It can also be hard to forgive and love yourself. It can even be hard to forgive and love God, even though He has done nothing wrong against you!

**Hard to feel loved:** It is hard to clearly see and realize the love of others and God in

your life. You may be surrounded by people who love you, but it can be difficult to fully feel and receive that love. There seems to be a wall up that blocks the flow of love into your life.

**Lashing out:** When there's an inner wound that has festered, it becomes easy to lash out or have sudden outbursts of anger, hate, resentment, etc. You may find it easy to lash out at people who love you, and have done you no harm.

**Feelings of anger towards God:** When a person has been wounded, it becomes easy to blame God for their troubles and hardships. This is the last thing that you want to do when seeking to be healed, because it virtually puts a wall in your mind that can block the healing power of the Holy Spirit to operate. Although He desires to heal your wound, He will not override your freewill, and if you hold hate in your heart against Him, it can block His efforts to heal your wounds.

**Self-hate:** Many times when a person is hurt from past abuse, they will begin to think that perhaps what happened to them was deserved because of something they did or the way that they were. This is not true. Abuse is never acceptable, even if a child was being out of order. Parental love disciplines and corrects, but never abuses.

**Easily frustrated:** Because an inner turmoil that an inner wound causes, it is

easy to become easily frustrated with everyday chores and responsibilities.

**Escapism:** As a result of inner turmoil, it is easy to desire to escape or suppress reality. This can be in the form of overeating, drinking, smoking, porn, spending binges, etc. When a person indulges in escapism, addictions can form, and open the door to spirits of addiction, which makes the addictions virtually impossible to break.

**Cutting:** A person who is a cutter usually has an alter inside the person who is holding much pain, and needs to release the pain or it honestly feels that it deserves the pain (self-hate/religious bondage).

**Retaliation urges:** Because of built-up hate and anger as a result of unforgiveness, somebody who has a festering inner wound will find it easy to retaliate or snap back at those who offend them or step on their toes.

**Irresponsible behavior:** Inner pain has a way of consuming a person's mind, and eventually this can take on a careless approach to life. It is hard to feel good about yourself if you have an inner wound, and if you don't feel good about yourself, it will begin to show in your lifestyle.

**Irrational expectations of others:** Somebody who has been wounded may set high expectations for those around them. They feel that others ought to hold up to unrealistic standards, and are very intolerable to any mistakes made. They find it hard to forbear (put up with) one

another as the Bible commands of us (see Colossians 3:13).

**Perfectionism:** A person who has an emotional wound may also be performance driven. Perhaps they felt like no matter what they did, they could never please a parent or authority figure, and later on in life, that rejection wound causes the person to be a performer to the point where they are never satisfied and burned out by their efforts.

**Feelings of hopelessness:** We believe this is also a common result of unresolved inner wounds. Since the love of God is blocked in your life, it becomes hard to see why He would love or care for you, and therefore you become an easy target for feelings of hopelessness.

**Driverness:** When you suffer from an emotional wound, it can create a sense of void in your life's meaning, thus driving you to find meaning and purpose and happiness. This could be in the form of college degrees, careers, financial success, etc. Instead of appreciating the person who God has made (YOU!), you find yourself chasing what you think will bring true happiness and purpose to your life.

**Hostility towards God, self, and others:** Because of bound up emotions, a person can tend to feel hostile towards God, other people in their life, or even themselves. This is usually rooted in a form of bitterness against God for not preventing something from happening to you, bitterness against somebody who has wronged or harmed you emotionally, or bitterness against yourself for failures that you've fallen into yourself.