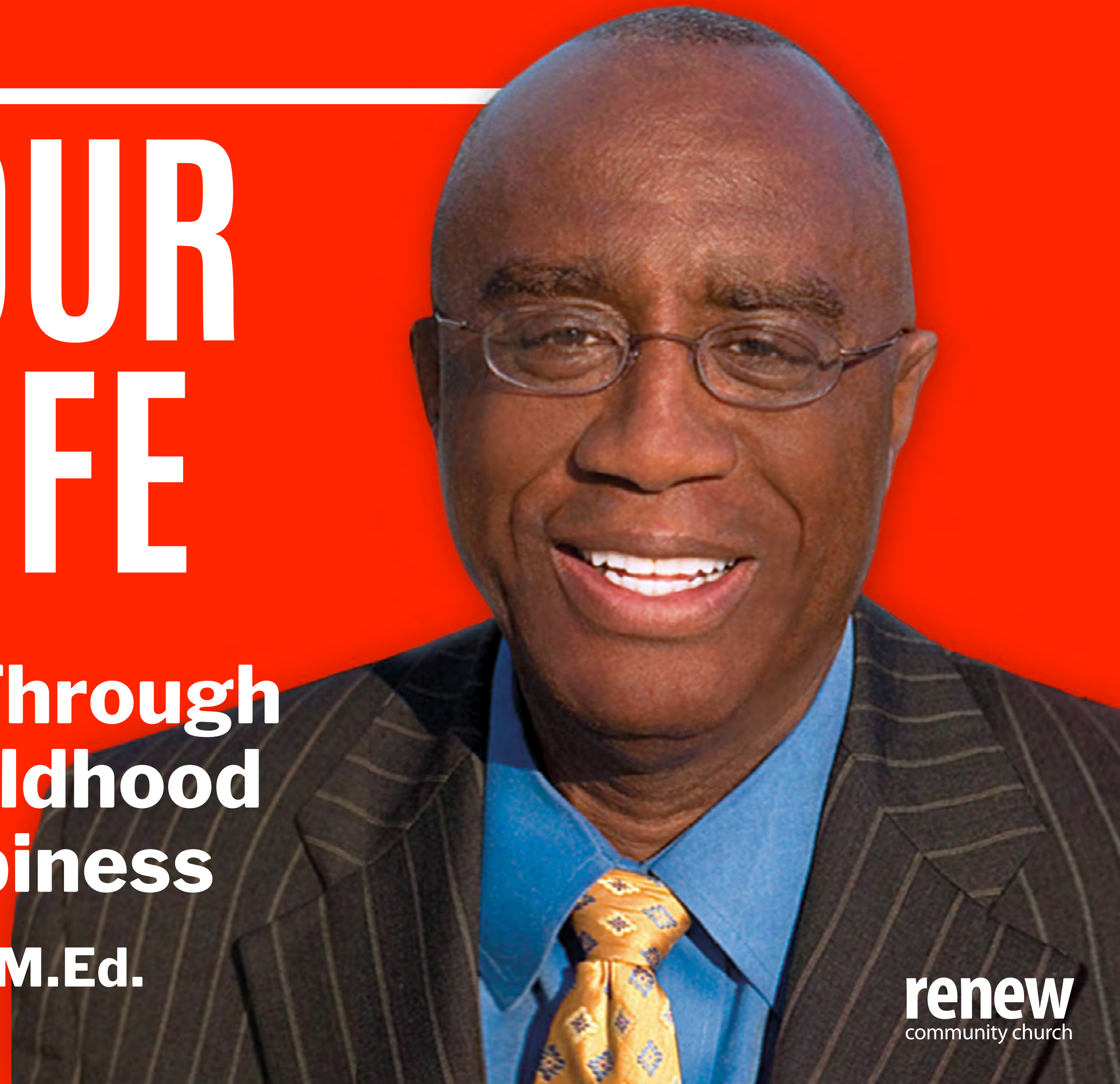


# TAKE BACK YOUR LIFE

**Help Your Friends Through  
Their Mental & Childhood  
Trauma & Unhappiness**

**By Charles E. Winburn, M.Ed.**

**1**



**renew**  
community church



***Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.***

**And be not conformed  
to this world: but be  
ye transformed by the  
renewing of your mind...**

***Romans 12:2***

**For we have not an high priest  
which cannot be touched with  
the feeling of our infirmities;  
but was in all points tempted  
like as we are, yet without sin.**

***Hebrews 4:15***

**Blessed be God, even the  
Father of our Lord Jesus  
Christ, the Father of mercies,  
and the God of all comfort;**

***2 Corinthians 1:3***

**Wherefore comfort  
yourselves together,  
and edify one another,  
even as also ye do.**

***1 Thessalonians 5:11***

**Take back your life!**  
**What life?**

**The life that God gave  
you before the foundation  
of the world. A life of joy,  
peace, and emotional  
happiness.**

***Before your parents messed you up!***



**According as he hath  
chosen us in him before the  
foundation of the world, that  
we should be holy and without  
blame before him in love.**

***Ephesians 1:4***

**What life?**

**Take back the image of  
God that He gave us:  
A winning image and life.**

**So God created man in his  
own image, in the image of  
God created he him; male and  
female created he them.**

***Genesis 1:27***

**Are you ready to take  
your life back today?**

**Are you ready to take  
your life back from:**



- **Diabetes**
- **Bullying**
- **Emotional Abuse**
- **Conditional Love**
- **Verbal Abuse**
- **Sexual Abuse**

- **Gastrointestinal Problems**
- **Mood Disorders**
- **Cancer**
- **Self-Judgment**
- **Physical Abuse**

- **Racism**
- **Homicides**
- **Alzheimer's Disease**
- **Relationship Clashes**
- **Adult & Child Unhappiness**

- **Domestic Violence**
- **Negative Self-Talk**
- **Inflammation**
- **Fear**
- **Stress**
- **Infant Mortality**

- **Gun Violence**
- **ADD**
- **Negative Attitudes**
- **Mass Shootings**
- **Divorce/Separation**
- **Suicides**



- **Obesity**
- **Mental Challenges**
- **Toxicity**
- **Crime**
- **Anxiety**

- **Addictions**
- **Birth Defects**
- **Hypertension**
- **Depression**
- **Health Issues**

**What is going on in  
America to make us  
believe that people are  
suffering from...**

- **Unresolved childhood trauma**
- **Emotional unhappiness**
- **Toxic stress**
- **Unforgiveness of self and others**

**Let's find out what may be  
going on with some of our  
friends and family so we  
can get them professional  
trauma help.**



# Introduction

**It appears that almost all  
of your friends and some  
of the people you know  
seem to be...**

- **On the edge of life.**
- **Full of stress and anxiety.**
- **Easily offended.**
- **On the verge of a breakdown.**
- **Unfocused in life.**

**What seems to be the  
root cause of all of these  
mental challenges?**

**The answer may  
be found in...**



- **Unresolved childhood trauma**
- **Emotional unhappiness**
- **Toxic stress**
- **Unforgiveness of self and others**

# **A Look at the Mental-Health Condition of America**

# U.S. Mental-Health Statistics

- ✓ **47,646 suicides in the U.S. in 2021; 80% were men.**
- ✓ **20,138 gun deaths in 2022 (excluding suicides).**
- ✓ **6,000 children and teens injured or killed by shootings in 2022.**

- ✓ **78% of American children report more than one traumatic experience before age 5.**
- ✓ **223 million adults (70%) in the U.S. experienced at least one traumatic event in their lives. (The National Childhood Traumatic Stress Network)**

**✓ For people with toxic stress, aging faster is not a metaphor. Those with six or more adverse childhood experiences live—on average— almost 20 years less than those with none. (California Surgeon General, Dec. 2020)**

✓ **The “2020 California Surgeon General Report on Adverse Childhood Experiences, Toxic Stress, and Health” states that adverse childhood experiences dramatically increase risk for 9 out of 10 leading causes of death in the U.S. in 2017 as it relates...**

**...to the following: heart disease,  
cancer, accidents, chronic lower  
respiratory disease, stroke  
Alzheimer's, diabetes, influenza  
and pneumonia, kidney disease,  
and suicide attempts.**



- ✓ **Nearly 50 million (19.86%) of American adults experienced a mental illness in 2019.**
- ✓ **More than half of adults with a mental illness do not receive treatment, totaling over 27 million U.S. adults.**

✓ **More than 60% of youth with major depression do not receive any mental health treatment. Even in states with the greatest access, nearly 1 in 3 are going without treatment.**

✓ **10.6% or more than 2.5 million youth in the U.S. have severe major depression. This rate was highest among youth who identify as more than one race, at 14.5%.**

**According to the California  
Surgeon General's report  
on adverse childhood  
experiences, toxic stress,  
and health...**

**The report links the  
association of ACE's with  
leading causes of death in  
the U.S. as follows:**

- **Heart disease**
- **Cancer**
- **Accidents (unintentional injuries)**
- **Chronic lower-respiratory disease**

- **Stroke**
- **Alzheimer's disease**
- **Diabetes**
- **Kidney disease**
- **Suicide (attempts)**

**How did American  
children and adults end up  
with all of this...**



- **Unresolved childhood trauma**
- **Emotional unhappiness**
- **Toxic stress**

**Most can be linked to  
adverse fetal trauma.**

# What is adverse fetal trauma?

**Adverse fetal trauma (AFT)\*  
is mental and physical  
damage of a child in the  
womb of the mother, between  
conception and birth, that...**

*\*Journal of Pregnancy, Volume 2018, Article ID 4857065,  
20 pages, Evaluating Stress During Pregnancy: Do We Have  
the Right Conceptions and the Correct Tools to Assess It?*

**...is predisposed to some of  
the following factors:**

- Negative beliefs**
- Negative environment**
- Negative relationships**
- Increase toxic stress**

- **Increased Hypothalamic-Pituitary-Adrenal (HPA) axis**  
**Elevated cortisol**
- **Inflammation**
- **Drugs**

- **Falls**
- **Motor vehicle crashes**
- **Domestic violence**
- **Domestic conflict**

**These adverse and traumatic factors on a fetus can have, for example, the foreseeable negative consequences of creating pregnancy complications, such as miscarriages, premature...**



**...labor, low birth weight,  
and everything listed in the  
following list as a result of  
adverse fetal trauma. These  
AFT factors can be linked  
to long-term childhood and  
adult degenerative disease.**

# Adverse fetal trauma (AFT)

*By Charles E. Winburn, M.Ed.*

*0-9 months (between conception and birth)*

- **Anxiety**
- **Stress**
- **Hypertension**

- **Autism**
- **Metabolic cardiovascular disease**
- **Diabetes**
- **Cancer**
- **Obesity**

- **Attention deficit disorder (ADD)**
- **Infant mortality**
- **Mood disorder**
- **Birth defects**
- **Depression**

# **The child in the womb and after birth:**

- **70% negative speech**
- **70% negative language**
- **70% negative words**

- **70% negative beliefs**
- **70% negative emotions**
- **70% negative perceptions**
- **70% negative behavior**

# **The child learns:**

- **Hypnotic or theta stage of the child**
- **Repetition of parent**
- **Observation of parent**

**The child takes on the  
language, words, beliefs,  
emotions, perception, and  
behavior of the parent  
70% negative.**



**By the time the child is 18  
years old:**

- **They are a little of everyone.**
- **They learn the beliefs,  
emotions, memories, and  
negative programs of others.**

**Once the child comes of age  
(18 years old), in order for the  
child to get rid of the negative  
programs of their parents,  
they must:**

- **Renew their mind.**
- **Rewrite their life.**
- **Be resilient about it.**
- **Take their life back.**

**How did American children  
and adults end up with all this**

**✓ Childhood trauma?**

**✓ Emotional unhappiness?**

**✓ Toxic stress?**

# **The acts of violence against self and others connected from birth to age 18:**

- **Gun violence**
- **Bullying**
- **Homicides**

- **Physical, sexual, and emotional abuse**
- **Domestic violence**
- **Relationship clashes and conflict**

- **Mass shootings**
- **Racism**
- **Opioid drugs**
- **Suicides**

# **What happened to you?**

***A quick 8-step process:***



## ***Step 1***

**What happened to you?**



## ***Step 2***

**Adverse childhood  
experiences**

**=**

## ***Step 3***

**Release of toxic stress in  
your brain and body for a  
lifetime if not corrected**

**=**

## ***Step 4***

**Childhood trauma and  
life disruptions**

**=**

## ***Step 5***

# **Emotional unhappiness**

**=**

## ***Step 6***

# **Violence of the heart**



## ***Step 7***

# **Sickness and disease**



***Step 8***  
**Early death**  
**(20 years less untreated)**



**How did American children  
and adults end up with all this**

- ✓ Childhood trauma?**
- ✓ Emotional unhappiness?**
- ✓ Toxic stress?**

**Adverse childhood  
experiences linked to your  
current adulthood struggles  
or challenges:**

# **Childhood trauma:**

- **0-9 months — from conception to birth**
- **0-2 years — impact of early emotional neglect/trauma**

- **0-3 years — attachment and authenticity** (*Dr. Gabor Mate*)
- **0-7 years — 70% negative parental programming of subconscious mind/trauma (beliefs, emotions, and memories)**

- **0-18 years — Adverse childhood experiences/trauma**
- **0-100 years — Life issues never resolved**

**Linked to current struggles/  
challenges that never seem  
to go away:**

- **Spiritual — feeling detached  
from higher power**

- **Adoption of major health challenges/inflammation and disease**
- **Mental challenges — negative thoughts, toxic stress, high levels of cortisol**

- **Financial — never enough or too much**
- **Relationship — conflicts, disconnected, anxiety, unhappiness, stressed out**



# **Shows up in adulthood:**

- **Age 21**
- **Age 31**
- **Age 41**
- **Age 51**
- **Age 61**
- **Age 71**
- **Age 81**
- **Age 91**
- **Age 101**
- **Age 110**

**How did American children  
and adults end up with all this**

**✓ Childhood trauma?**

**✓ Emotional unhappiness?**

**✓ Toxic stress?**

- **Damaged subconscious mind**
- **Limiting beliefs**
- **Negative emotions**
- **Negative memories**

- **Unmet needs**
- **Unhealed hurts**
- **Unresolved issues**

**Take your life back!**

# 6

**Steps to Take Back  
Your Life from...**

- **Unfocused life**
- **Unresolved childhood trauma**
- **Toxic stress**
- **Emotional unhappiness**

## ***Step 1***

**Recognize that you have  
unresolved childhood  
trauma.**



## ***Step 2***

**Recognize that you are  
not emotionally happy  
most of the time.**

***At least 80%***

## ***Step 3***

**Decide to seek help from  
a clinical psychologist  
who understands trauma-  
informed care and...**

**...is up on current mental  
health strategies for  
helping you resolve  
childhood trauma.**

## ***Step 4***

**Inform your significant other, wife, or husband that you will be seeking trauma-informed care.**

**Why is this important?**

**Sometimes, the people  
that you are married to  
or are in a co-created  
relationship with also  
can carry your negative  
vibrations and might...**

**...discover that they have  
unresolved childhood  
trauma and need trauma-  
informed care as well.**

**If you are in a...**

**...domestic relationship  
with someone, they may  
need to seek professional  
help also.**

## ***Step 5***

**Ask yourself the right questions by using the 10 Steps Toward Addressing Your Trauma as it relates to each step below:**



## ***Step 1***

**What's wrong with you?**

***Wrong question to ask unless it is  
done out of compassionate inquiry.***

## ***Step 2***

# **What happened to you?**

## ***Step 3***

**As a result of what  
happened to you, what  
happened within you?**

## *Step 4*

**How did what happened  
to you make you feel?**

## ***Step 5***

**How did what happened  
to you negatively impact  
your beliefs?**

## *Step 6*

**How did what happened  
to you negatively impact  
your emotions?**

## *Step 7*

**How did what happened  
to you negatively impact  
your memories?**

## ***Step 8***

**How did what happened  
to you negatively impact  
your perceptions?**



## *Step 9*

**How did what happened  
to you negatively impact  
your behavior?**

## ***Step 10***

**Are you ready to positively  
rewrite your life?**

## ***Step 6***

**How to make a life impact  
in 60 seconds:**

**Increase your positive and  
life-changing emotional  
vibrations by using the  
Winburn 31-day Focused  
Life Story Calendar.**

**Tell 1 story each day,  
3 times a day,  
up to 60 seconds each day,  
for 31 days.**

**For example, day 1, repeat  
“It is my divine and human  
right to have fun today!”**

***Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.***

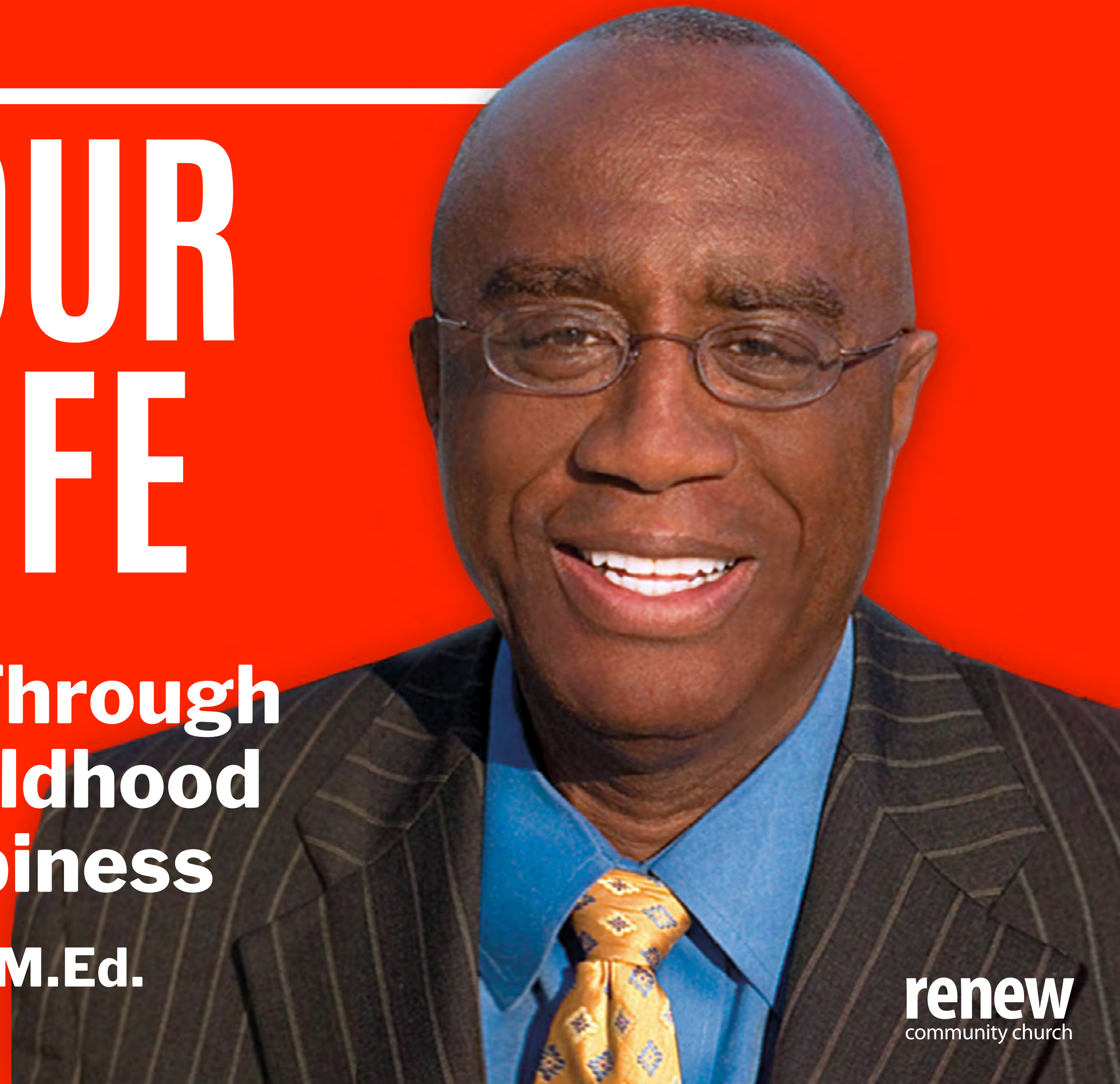


# TAKE BACK YOUR LIFE

**Help Your Friends Through  
Their Mental & Childhood  
Trauma & Unhappiness**

**116**

**By Charles E. Winburn, M.Ed.**



**renew**  
community church