



ADDICTED TO YOUR CHILDHOOD TRAUMA?

LEARN HOW TO
OVERCOME YOUR
ADDICTION IN
THIS SUNDAY'S
MASTERMIND
CLASS AND
CLINIC!

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By Charles E. Winburn, M.Ed.



ADDICTED TO YOUR SUFFERING?

LEARN HOW TO
OVERCOME YOUR
ADDICTION AS A
RESULT OF YOUR
CHILDHOOD TRAUMA
THIS SUNDAY!

By Charles E. Winburn, M.Ed.



ARE YOU A 'TRAUMA' QUEEN?

PLEASE DON'T MARRY THESE PEOPLE!

LEARN SUNDAY
HOW TO
OVERCOME YOUR
CHILDHOOD
TRAUMA!

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ARE YOU A 'TRAUMA' KING?

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TRAUMA FAMILIES!

LEARN HOW TO
BREAK FREE FROM
YOUR FAMILY WHO
CREATED YOUR
TRAUMA THIS
SUNDAY!

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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.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing
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***AIM for Wellbeing: Integrative
and Functional Medicine***

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John H. Thomas, Ed.D.
Clinical psychologist
513-961-5682
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Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence
Network (ODVN) Helpline**

1-800-934-9840

www.odvn.org

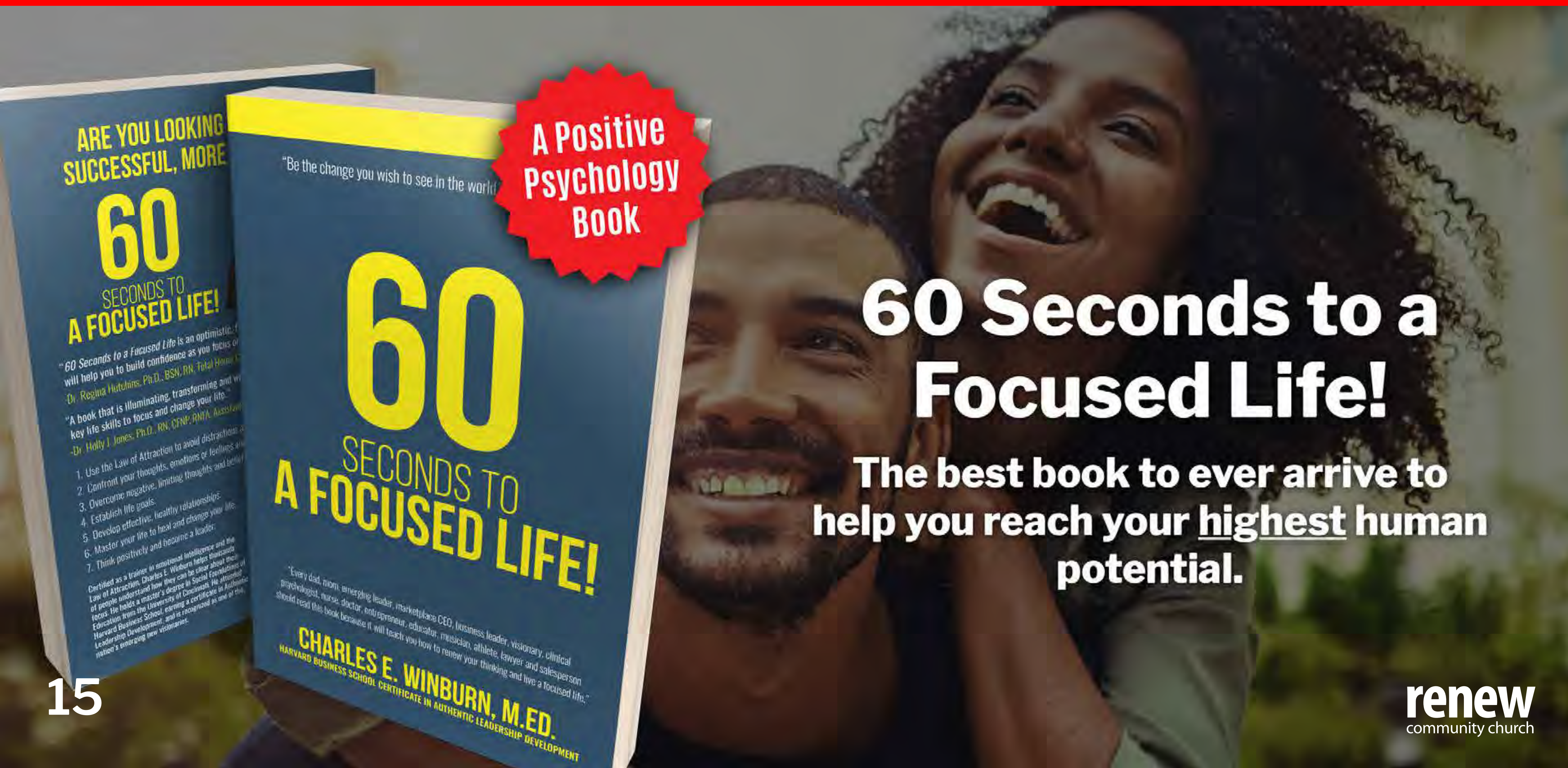
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



A Positive
Psychology
Book

60 Seconds to a Focused Life!

The best book to ever arrive to
help you reach your highest human
potential.

**I beseech you therefore,
brethren, by the mercies of
God, that ye present your
bodies a living sacrifice, holy,
acceptable unto God, which is
your reasonable service. And
be not conformed to this world:
but be ye transformed by the**

**renewing of your mind, that ye
may prove what is that good,
and acceptable, and perfect,
will of God.**

Romans 12:1-2

**Bless the LORD, O my soul, and
forget not all his benefits: Who
forgiveth all thine iniquities;
who healeth all thy diseases.**

Psalm 103:2-3

**He sent his word, and healed
them, and delivered them from
their destructions.**

Psalm 107:20

**He healeth the broken in heart,
and bindeth up their wounds.**

Psalm 147:3

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 41:10

**But he was wounded for
our transgressions, he was
bruised for our iniquities: the
chastisement of our peace was
upon him; and with his stripes
we are healed.**

Isaiah 53:5

**Then shall thy light break forth
as the morning, and thine health
shall spring forth speedily.**

Isaiah 58:8

**For I will restore health unto
thee, and I will heal thee of thy
wounds, saith the LORD.**

Jeremiah 30:17

And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

Matthew 9:35

**And the whole multitude
sought to touch him: for there
went virtue out of him, and
healed them all.**

Luke 6:19

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up...

James 5:14-15

**Who his own self bare our sins
in his own body on the tree,
that we, being dead to sins,
should live unto righteousness:
by whose stripes ye were
healed.**

1 Peter 2:24

**O LORD my God, I cried unto
thee, and thou hast healed me.**

Psalm 30:2

**Now when the sun was setting,
all they that had any sick with
divers diseases brought them
unto him; and he laid his hands
on every one of them, and
healed them.**

Psalm 30:2

**10 common reasons adults
might resist healing from
trauma and instead stay in
a pattern that feels familiar
or safer, even if it creates
suffering for them**

AI Research

- 1. Fear of the unknown:** Healing can bring change that feels unpredictable or scary, especially if someone has relied on coping mechanisms that have become habitual.

2. Belief that they're “fine enough”: The lack of overt symptoms or the persistence of functional life can make people think they're okay as they are, so they deprioritize healing.

3. Shame and stigma: Trauma can be tied to stigma around mental health, leading to guilt, embarrassment, or fear of judgment if they seek help.

- 4. Perceived threat to identity:**
Trauma can be closely tied to how someone sees themselves (e.g., “I’m strong because I survived”). Healing might feel like eroding a core part of their self-concept.

5. Fear of re-experiencing pain:
Exposure to memories or emotions can be terrifying, making avoidance a protective strategy even if it limits growth.

6. Self-blame and guilt: People may blame themselves for what happened or for how they feel now, making them resistant to healing efforts that could surface those feelings.

7. Practical barriers: Time, cost, access to quality care, transportation, or caregiving responsibilities can make healing feel unattainable.

8. Previous negative experiences with help: Past therapy or interventions that felt invalidating or ineffective can deter trying again.

- 9. Hyperarousal and safety needs:**
Trauma can leave people in a state of chronic hypervigilance; staying “on guard” can feel like a way to stay safe, even if it’s exhausting.

10. Skepticism about outcomes:
Uncertainty about whether healing is possible or worth the effort, especially if improvements seem slow or inconsistent.

**20 practical, evidence-
informed strategies adults
can use to address the
impact of addiction to
childhood trauma**

AI Research

1. Seek professional trauma-informed care

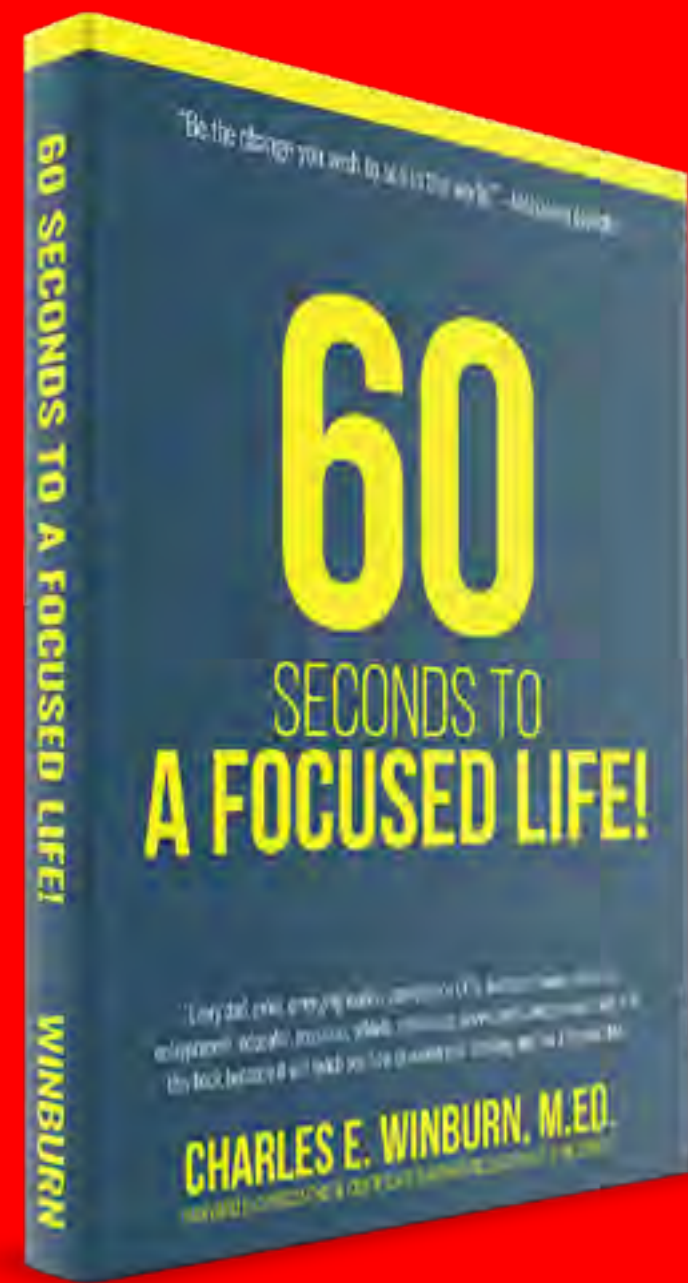
- Work with clinicians trained in trauma (e.g., trauma-focused cognitive behavioral therapy, EMDR, somatic therapies).**
- Consider a multidisciplinary approach (psychotherapist, psychiatrist, social worker).**

- 2. Engage in evidence-based psychotherapy**
- **Trauma-focused CBT (TF-CBT) adapted for adults.**
 - **Eye Movement Desensitization and Reprocessing (EMDR).**

- **Accelerated Resolution Therapy (ART).**
- **Internal Family Systems (IFS) or other contemporary approaches if they resonate.**

3. Learn grounding and distress tolerance skills

- Grounding techniques during distress (5-4-3-2-1 sensory grounding, box breathing, safe place imagery).**
- Practice these in low-stress times to have a toolkit ready during triggers.**



- Use Charlie Winburn's book **60 Seconds to a Focus Life** and **31-Day Focused Life Story Calendar**.

Visit www.60SecondsToAFocusedLife.com to watch 11 free videos!

31-Day Focused Life Story Calendar*
BY CHARLES E. WINBURN, M.ED.

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

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!						
DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to walk in love and express my love today.	DAY 4 It is my divine and human right to walk in peace and be led by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in knowledge, wisdom and the skill of God today.	DAY 6 It is my divine and human right to embrace serenity today.	DAY 7 It is my divine and human right to forgive myself and others today.
DAY 8 It is my divine and human right to trust today.	DAY 9 It is my divine and human right to be optimistic and have a great outlook on life today.	DAY 10 It is my divine and human right to experience joy and peace in the universe and the earth today.	DAY 11 It is my divine and human right to feel love today.	DAY 12 It is my divine and human right to feel the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be peaceful to self and others and show grace today.	DAY 17 It is my divine and human right to be free and walk in freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, move and have my being in God today.	DAY 20 It is my divine and human right to receive my mind today.	DAY 21 It is my divine and human right to be more than a conqueror over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the rest of God. I rest in God today.	DAY 25 It is my divine and human right to focus on what I want. I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's emotions today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and material to bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			LEADERSHIP CONCEPTS LLC

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- Go to Charlie Winburn's website **60SecondsToAFocusedLife.com**

4. Develop a consistent sleep routine

- Prioritize sleep hygiene: regular schedule, minimize screens before bed, comfortable sleep environment.**
- Address trauma-related nightmares with targeted therapies or medical input (e.g., image rehearsal therapy).**

5. Mindfulness and present-focused practices

- **Daily mindfulness meditation, body scan, or mindful movement.**
- **Practice nonjudgmental awareness of sensations and thoughts.**

6. Somatic and body-based therapies

- **Somatic Experiencing, sensorimotor psychotherapy, or yoga-informed approaches.**
- **Gentle body awareness to release chronic muscle tension and dysregulated physiology.**

7. Biological regulation and health optimization

- Regular aerobic exercise (e.g., 150 minutes/week) to reduce hyperarousal.**
- Nutritional support: balanced meals, omega-3s, hydration.**
- Limit stimulants (caffeine, nicotine) that can heighten anxiety.**

8. Pharmacotherapy when appropriate

- Consult a psychiatrist about medications for anxiety, depression, sleep, or PTSD.**
- Be aware of alcohol or substance interactions with medications.**
- Use medications as part of a broader treatment plan, not as a sole solution.**

- 9. Develop a trauma-informed support system**
- **Build a network of trusted people (friends, family, support groups) who understand trauma.**
 - **Consider group therapies or peer-support programs.**

10. Safe exposure and processing of trauma memories

- **Guided, gradual processing under professional supervision.**
- **Avoid unstructured ruminations that worsen symptoms; use a structured approach.**

11. Self-compassion and self-care routines

- **Gentle self-talk and self-acceptance practices.**
- **Create predictable routines that foster safety and reliability.**

12. Manage triggers with a plan

- **Identify common triggers and create an action plan (time-limited exposure, coping strategies, reaching out for support).**
- **Use trauma triggers as information about needs rather than evidence of personal failure.**

13. Skills to regulate emotions

- **Dialectical Behavior Therapy (DBT) skills: distress tolerance, emotion regulation, mindfulness, interpersonal effectiveness.**
- **Practice a daily routine of one or two core skills.**

14. Limit avoidance and gradually re-engage

- **Gradual reversal of avoidance patterns that keep trauma alive.**
- **Planned exposure to safe situational cues with coping support.**

15. Address attachment and relational patterns

- **Explore early attachment wounds with a therapist.**
- **Work on healthier boundaries, consent, and communication in relationships.**

16. Sleep and nightmare management

- **Image Rehearsal Therapy (IRT) or similar techniques for nightmares.**
- **Create a calming pre-sleep ritual and a safe sleep environment.**

17. Psychoeducation about trauma

- **Learn how trauma changes the brain and body (amygdala, hippocampus, HPA axis).**
- **Understanding symptoms can reduce self-blame and increase engagement with treatment.**

18. Integration of spirituality or meaning-based approaches

- If aligned, engage with meaningful practices (rituals, faith communities, nature-based therapy) to foster a sense of safety and purpose.**

19. Monitor and reduce substance use

- **Avoid using alcohol or drugs as coping; substance use can worsen trauma symptoms.**
- **If substance use is problematic, seek specialized help (motivational interviewing, addiction treatment).**

20. Practical daily structure and goals

- **Set small, achievable goals to rebuild sense of mastery.**
- **Keep a simple routine: meals, movement, sleep, and one social connection per day.**
- **Track progress with a journal or digital tool to reinforce positive change.**



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