



REBOOT

RECOVERY

CRISIS EDITION

EVAN OWENS +
THE REBOOT RECOVERY TEAM

ABOUT

REBOOT RECOVERY

REBOOT Recovery was founded in 2011 by Dr. Jenny and Evan Owens in response to a lack of faith-based solutions to help people overcome trauma.

What began with only a few people in a living room has expanded into a global movement reaching thousands across the U.S. and around the world.

Get in touch anytime and find additional resources and course meeting locations at

REBOOTRECOVERY.COM



SESSION 1

WHAT IS GOING
TO HAPPEN
NEXT?



GETTING STARTED

OUR GOAL FOR THIS COURSE

To equip you with the tools needed for you and your loved ones to overcome the emotional, mental, and spiritual aspects of the crisis you're facing.



Our **natural response** to crisis and trauma is often **more damaging** than the trauma itself.

FOUR PHASES OF OUR NATURAL RESPONSE TO CRISIS + TRAUMA

01

FIRST, WE _____

This isn't driven by stupidity or ignorance. Denial is merely a reaction to the inconvenience of reality. Denial happens when our post-crisis reality seems too complicated, confusing, or chaotic to fit into our lives. To feel any part of it is to feel all of it, and that is totally overwhelming. So instead, we strive to preserve reality as we remember it rather than how it is now.

02

THEN, WE _____

As we start to grasp the extent of the damage left by the crisis, our lives become more difficult, and so we cry. Some of us cry tears while others respond with anger or search for someone to blame. Eventually, our innate coping mechanisms can no longer hold our growing emotional, mental, and spiritual unrest at bay. We need reinforcements, so we turn to painkillers.

03

NEXT, WE _____

We demand more prescription medications or turn to old addictions that promise to help us forget the pain that we're feeling. We drift off into a lifestyle of fantasy or escapism. This phase is characterized by focusing on distractions rather than addressing the root of what's really going on. And as it is with any numbing agent, its effectiveness wears off over time, so we have to keep trying new things.

04

AND SO, WE _____

We begin desperately searching for safety, stability or support. We run towards whatever or whoever is handing out hope. We often run away from one traumatic experience right into another one.

THREE PHASES OF A **BETTER** RESPONSE TO **CRISIS + TRAUMA**

01

WE FIND _____

The first thing we should do when crisis occurs is find safety. During Session 2, we will look at this idea of safety on a deeper level. Safety is the cornerstone of any healing process and must be obtained before any further healing can begin.

02

WE SEEK _____

Once safety is established, we seek stability. Now that the moment of crisis is over, we begin assessing the damage and grieving all that was lost. We also are forced to take responsibility for cleaning up the wreckage left by the trauma. During Session 3, we will reveal the common pitfalls associated with this phase and share some strategies to avoid them.

03

WE NEED _____

Once safety is established and stability is found, we need support. As we try to establish a sense of normalcy, we build new relationships and make plans for the future because it is finally safe to have hope again. During Session 4, we will examine why support is so critical and what happens if we don't have the proper long-term support system in place.

SESSION 1

DISCUSSION GUIDE

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How would you define trauma? Would you consider this experience traumatic?

Why do you think so many of us deny that the crisis is happening to us?

What are some of your numbing behaviors? Are they productive or distracting?

Look at Romans 5:3–4. How does suffering produce hope? Have you ever experienced this in your life?



The avoidance or numbing of suffering doesn't lead to hope. In fact, **hope can be produced through suffering.**

SESSION 2

COPING WITH THE **ANXIETY** OF UNCERTAINTY



SESSION TWO

OUR GOAL FOR THIS SESSION

To help you overcome the anxiety that comes with uncertainty by showing you how to find safety even amidst the chaos.



Genuine safety is much more than a feeling. It is a **confidence**, an **assuredness** that we're going to be OK.

DURING A CRISIS OR TRAUMATIC EXPERIENCE, YOUR BRAIN TAKES OVER.

Whenever you experience a traumatic event, God enables your brain to react in a way that will help you survive.

The brain does two things simultaneously:

01

It suppresses the person's normal emotional and analytical response so they he or she can focus on the threat at hand.

02

It coordinates all of the body's abilities in such a way that the person can either fight off the attacker, run like a gazelle and escape, or freeze in place until the threat passes.

FIGHT OR FLIGHT

This involuntary response triggers a sequence of internal processes that prepares us struggle or escape. It is triggered when we interpret a situation as threatening. It is characterized by feeling bodily sensations of stress – for instance, an increased heart rate and faster breathing. You can feel a pressure in your chest as though something is pressing down on you. You may also have heightened sensory sensitivity – you're more sensitive to sights or sounds around you.

FREEZE

Just like fight or flight, freezing is an automatic, involuntary response to a threat. In a split second, the brain decides that freezing (rather than fighting or running away) is the best way to survive what's happening. Freezing is an evolutionary survival tactic, similar to when an animal plays dead. It's not a conscious decision, but something out of anyone's control. It doesn't matter if you're trained in self-defense or bigger or stronger than your attacker. Anyone can freeze.

THREE PLACES WHERE **SAFETY** CAN BE FOUND

01

WE FIND SAFETY IN _____

The first thing we should do when crisis occurs is find safety in community. Data actually shows that one of the leading indicators of long-term mental health and resilience is the level at which someone is participating in loving, trusting relationships. In other words, you can't find safety alone.

02

WE FIND SAFETY IN _____

We can find safety in God as we embrace the truth that we aren't in control. Identifying things that are certain in our lives can give us a sense of peace rather than fear. There's freedom when we embrace our limitations and let God handle the rest.

03

WE FIND SAFETY IN OUR _____

Look back at your past. What have you already overcome? We can find safety in our past suffering as we look back at what we have already gone through. There were probably times you faced personal crises or challenges, yet you are still here. That should give you confidence that you'll make it through this challenge, as well.

SESSION 2

DISCUSSION GUIDE

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How would you rate your anxiety level right now on a scale of 1–10? Why did you pick that number?

Do you have a safe community right now? What makes them feel safe?

Do you consider God or faith a safe place to go during trouble? What life experiences have contributed to your feelings about God?

Is there anything you are stressing about right now that is out of your control?



True safety is rooted in **trust, grace, acceptance and compassion.**
Safety says that no matter what happens, **I'm in your corner.**

SESSION 3

MOVING
FORWARD
IN UNCERTAINTY



SESSION THREE

OUR GOAL FOR THIS SESSION

To help you start moving forward after crisis or trauma by avoiding common mistakes and taking the right steps.



The **sensation** of crisis
will continue until
stability is restored.

WHAT IS **STABILITY?**

Stability is the need for balance and regularity from our mind, body and soul. Stability seeks to eliminate, or at least mitigate, extreme highs and lows. It seeks normalcy. Stability enables us to balance stress, maintain healthy relationships, and even sleep better. An environment of stability gives us the time and space needed to find our purpose and try new things. It gives us margin to explore. In the midst of a traumatic situation, the sensation of crisis will continue until stability is restored.

Some setbacks are
out of our control,
**BUT NOT ALL
OF THEM.**



GRIEF + LOSS

WE EITHER _____ OR DENY THE LOSS.

As we realize the full extent of the loss, questions should arise that enable us to process the grief. However, many of us never ask the hard questions and bypass the God-given grieving process.

01

Name the loss. Begin by naming what you lost. It could be an ability, a person, a feeling, or even a place. Write it out and put a name to your loss.

02

Object to the loss. When we grieve, we are protesting the injustice of the loss. We are saying that it isn't OK with us and that it shouldn't have happened.

03

Grieve the loss. Authentically engage the emotions that come with loss rather than stuffing them in or denying them. You can't heal what you won't feel.

04

Find purpose in the loss. The grieving process is designed to end in empowerment. If you have healed, go and help someone else do the same.



Loss is not the enemy.
Not facing the loss is.

RESPONSIBILITY + **DECISIVENESS**

WE EITHER _____ OR BLAME OTHERS.

Stability is impossible to create without personal responsibility. We get to choose if we will take responsibility or blame others. It's like our parents used to tell us – we can only be responsible for our own actions.

01

Make stability a top priority. Commit yourself to consistency. Find a new routine. Go to bed and wake up at the same time every day. Eat three regular meals. Exercise at the same time during the week.

02

Live within your financial means. Don't spend more money than you bring in. Cut expenses and start saving some cushion cash again.

03

Don't overreact. Drama will keep you busy but unproductive. Don't waste your time re-sharing a story that already happened. Instead, use that time to invest in your future.

04

Find stable friends. Hang with people who are of sober mind and make good decisions. Their positive behavior will rub off on you. If you've chronically made bad choices, find a wise friend to act as an advisor.

05

Limit your use of substances. Alcohol, or whatever you turn to, tends to make your logic foggy and bad decisions more likely. The time when you feel like you might need a drink the most is when it will help you the least.

WE EITHER MAKE _____ OR PUT THEM OFF.

SESSION 3

DISCUSSION GUIDE

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Would you say that you are in the safety or stability phase of healing right now? Why do you think that?

If you are in the stability phase, have you taken time to grieve what you've lost?

Is it your tendency to blame others to take responsibility? Do you feel like you've taken responsibility for finding stability in your life right now?

Are you facing any paralyzing decisions right now that you've been putting off? What would help you make a decision?



Passivity isn't a recipe for stability — **action is.**

SESSION 4

THE **RECOVERY** PROCESS



SESSION FOUR

OUR GOAL FOR THIS SESSION

To help you build a strong foundation for long term healing by identifying the right sources of support.



If **trauma** is our personal intersection with the **brokenness of the world**, then **recovery** is our personal intersection with the **redemptive heart of God**.

WHAT IS **SUPPORT?**

Support refers to anyone or anything that helps bear the weight of our lives. Without proper support, life simply becomes too heavy. After going through trauma, seeking support means willingly putting yourself around people or in situations which will test your emotional, mental, and spiritual health and expose any potential risks.

During the recovery process, your support people start to make plans that involve you. They start to hope with you and dream with you. So if the building comes crashing down,
**THEY'RE INSIDE
WITH YOU.**



FINDING **SUPPORT**

While our lives may have found stability, it will be short lived if we don't have the proper support in place. **Long-term recovery is more about living a life of transparency than it is completing a series of steps.**



Get regular check-ups. Schedule regular meetings with people who will challenge you and scrutinize your life. Confess what's really going on and let them give you insight by following the formula found in James 5:16.

"Therefore confess your sins to each other and pray for each other so that you may be healed."

JAMES 5:16a (NIV)



Work out your muscles. Just as physical muscles are developed through use, so are our mental, emotional, and spiritual muscles. Put into place exercises and routines to help them grow stronger.



God may not have brought the trauma into your life, but **He can deliver you from it.** He may not take away the pain - but **He'll join you in it.** He may turn up the heat, but he promises that with His guidance, **you'll come out like gold.**

SESSION 4

DISCUSSION GUIDE

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Have you ever known someone who experienced a major setback in their healing journey? Could it have been prevented? Was anyone else hurt by the setback?

Do you currently feel well supported? What makes you feel the way you do?

Do you have anyone in your life that challenges you? What does it look like? How does it work?

Long-term recovery is about embracing a life of transparency. How are you being transparent?



Someone cheering on every single decision you make isn't support — **it's enablement.**

SESSION 5

**HELPING OTHERS
HEAL**



SESSION FIVE

OUR GOAL FOR THIS SESSION

To help you learn how to help others who have experienced a crisis or trauma.



We all want to **help others** who are struggling. But knowing **what to say**, and **what not to say**, can feel **totally overwhelming**.

THREE **MISTAKES** TO AVOID

01

I DIDN'T WAIT FOR AN _____.

Sometimes people can or want to solve their own problems. We need to wait for an invitation before jumping in to help those we care about.

02

I LED WITH _____.

Too many times, we lead our conversations with advice instead of grace. Advice without grace sounds a lot like judgement. It is usually unwelcome. Instead, lead with compassion and empathy. This will create the environment of safety needed to begin healing.

03

I TRIED TO _____ THEIR PROBLEMS.

John 15:1 says, "I am the true vine, and my Father is the gardener." But sometimes we want to be the gardener. Our role is to help them grow, not to fix their problems.



Because you've **lived through it**, you are best suited to help **lead others out of it.**

SESSION 5

DISCUSSION GUIDE

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Have you ever had someone offer you unwelcome advice? What was your reaction to that person? Is he or she still a presence in your life today?

Do you have friends or family in your life right now that could benefit from your story of overcoming? Have you asked them for an invitation to share?

Is there anyone who has been through it all with you? Have you told them how much you appreciate their support?

Why do you suppose suicide is such a big problem in our nation today?



While institutions and medical professionals **diagnose and treat**, they don't sacrificially **love people** very often. **That's where you come in.**