

PHYSICAL, SPIRITUAL, EMOTIONAL, & MENTAL SYMPTOMS RELATED TO ABUSE & OFFENSES*



Physical	Spiritual	Emotional	Mental
Sleeplessness and/or Nightmares	God has abandoned me	Mood Swings	Depression & Anxiety
Heartburn	I cannot trust God	Fear	Feelings of Worthlessness
Muscle Tension; Clenching of Teeth and/or Fists.	God does not love me	Anger/Rage/Hate	Failure
Body Aches	God is harsh & judgmental	Guilt & Shame	Unsafe
Head Aches	God allowed this to happen to punish me	Self-Blame	Powerlessness
Self-Medicating with food, alcohol, drugs, sex, pornography, etc.	I don't know where I stand with God	Embarrassment	Distrustful
Difficulty breathing		Alone/Isolated	Frustrated

* David G. Myers. *Psychology Through the Eyes of Faith*. Harper Collins. New York, N.Y. 2003. Pgs. 142-143.