



Break Every Stinking Chain!: Healing for Hidden Wounds

Denice Colson

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FREEDOM. We all want it, expect it, and demand it. On the outside you may be free to travel where, when, and with whom you want, but inside you feel trapped in a personal jail of depression, anger, anxiety or fear. You may feel chained to past wounds, recurring negative thoughts or relationships that keep you feeling stuck and inhibit that sense of freedom you crave. While in your head you believe that Christ brings freedom and that a relationship with God is the answer, you continue to struggle with aligning your emotions with this truth.

Break EVERY Stinking Chain! Healing for Hidden Wounds integrates psychological research and Biblical study to give you a step-by-step pathway to begin your healing journey. Identifying three researched phases of recovery, Dr. Colson has further broken each phase down into stages with instructions and Biblical support for each.

As a veteran listener to the stories of demoralized people, Dr. Colson realized that what they all have in common, regardless of their religious views or faith, is unhealed emotional and psychological wounds. Remarkably, many very intelligent and Godly people are oblivious to the fact that these past wounds are the source of their current emotional, psychological, spiritual, relational and even physical problems. Perhaps you too have bought the myth which is addressed in chapter one, “If it happened when I was a child, it doesn’t affect me anymore.” This is not true, and we will present compelling research to support the fact that it does affect you—even 50 or more years later, and will impact you for the rest of your life. But the good news is that you CAN be free from the chains of trauma! You can move through the healing process and not stay stuck in your pain!

You should read this book if:

1. You’ve felt stuck in your personal and professional development and can’t figure out why.
2. You’re willing to acknowledge God and consider that He might be for you and not against you.
3. You have a relationship with God, but keep feeling alone and confused about why everyone else seems to “get it” and you don’t.
4. You carry around anger, hurt, and resentment and don’t know why, let alone, what do about it.
5. You’ve tried counseling, praying, 12-step groups and your life still feels unmanageable.
6. You love someone who has experienced trauma and want to help.

About the Author. Since 1982 Dr. Colson has been helping people who struggle with depression, anxiety, anger, fear, and low self-esteem. Around 1992 she began to realize that what most of those people had in common was unresolved emotional injuries, some more intense or dramatic than others. Many of the wounds took place in childhood, adolescence, or in a previous adult relationship. In most of the cases, however, the person was clearly still being impacted by the pain, even if they weren’t thinking about it all the time. She was then introduced to the idea that past trauma needed to be addressed directly and with structure before the symptoms, like depression, anxiety, anger, and addiction, could be eliminated. Building on this foundation, she began the journey to bring Biblical truth and psychological research together to help people be free from past wounds that keep them chained, bound, and effectively sidelined from living the life they wanted to live. She, herself, has experienced healing with this process and has walked others through it as well! She comments, “While my life (and the lives of others who have completed this process) isn’t perfect—there is no such thing until Heaven—I have experienced the freedom of no longer being controlled by the impact of the past. You can too! Stop living a life controlled by past wounds and start living a life of freedom from your pain!”

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