Chad Reynolds

Foundations of Christian Counseling

Jason Leinbaugh

Situation 3

"What would you have said or done? Would you have known how to respond?"

This situation really hits home for me. Not only do I fiercely remember 9/11, but shortly after that I decided to join the military. While I was in I got deployed to Iraq and was subject to many different events and situations that some still go through my mind. When I came back from Iraq I had noticed things about me that changed. Situations that before I left I would have no issue entering, but now just thinking about brings on anxiety. Throughout the years I have mainly dealt with this situation by just trying to stay as busy as possible, but since I came to Christianity I have found to look at all those situations a different way. This is the advice I would give this woman.

I would advise her to while not downplay the situations and experiences she had, but to view those experiences in a different way. Like myself, try to find the instances where God has stepped in to protect her and keep her from harm. Try to visualize the events that had to occur to enable her to grow up and be where she is at to this day. For example, when she flashes back to the instances of the planes flying over bombing her village, she could look at it as God was protecting her since she survived. I would also remind her that we all have struggles and hardships throughout life, but to remember when we look at our past it tells us not just what we have been through, but how God has molded us into what we are today.