



## STUDY and DISCUSSION GUIDE

Thank you for your interest. I pray these teaching materials will lead you into a deeper understanding of yourself and of God.

This is a companion piece to my memoir, ***My Personal Holocaust***. These questions are designed to provoke thought and introspection and to direct you to more study as needed. They will be especially helpful for use by book clubs.

These study questions can be used on your own or with a group for discussion. Like the book, they are meant to stimulate soul-searching, as well as God-seeking. They are also meant to aid in healing from trauma.

The materials are taken from my own experiences, research, and understanding. They are not intended to take the place of teaching or counseling, but to supplement them. If you are seeing a counselor, you may consider them as a part of your healing journey and share them with him/her.

Blessings,

Carolyn Sherrow

Cords of Grace Ministries

## MY PERSONAL HOLOCAUST DISCUSSION QUESTIONS

**Introduction question:** The statement is, “What you are about to read is my history, but no longer my identity”. Talk about identity. What is it and where does it come from? Does your history influence your identity? If yes, how?

### Questions for chapter one: Discovery

1. What comes to mind when you hear the term dissociation or dissociative disorder? Where have you been exposed to it? What do you think it means?
2. Do you know someone (even yourself) who has wrestled with Post Traumatic Stress Disorder? Talk about it (if you are comfortable), remembering that it's different for everyone.
3. Is it hard for you to ask for or receive help? Why might that be?

### Questions for chapter two: Fear

1. Is there anything that frightens you beyond what you might expect? Do you know the origin of the fear?
2. Have you accepted Christ? How old were you? What were your feelings then and now?

3. What is your greatest fear? What do you think others fear?

### **Questions for chapter three: Shame**

1. Everyone experiences shame sometimes. Make the distinction between healthy and unhealthy shame. Do the feelings differ?
2. Jesus was not only tortured and killed by those who crucified Him, He was shamed deeply. Is this a new concept for you? How do you feel about this?
3. If someone believes the lie that they ARE something wrong, how does it affect them/you?

### **Questions for chapter four: Transitions**

1. When life brings us change, how easy is it to understand that it may be for our good? Is God in the changes that seem bad?
2. Is it hard for you to allow God to be in control? Are you one (like me) who is used to controlling her own life?
3. How can we prepare to allow God full reign in our circumstances? Is that a frightening concept?

### **Questions for chapter five: Perceptions**

1. Our choices are important. Have you ever been told, or felt, that you couldn't make good choices? Why?

2. Why is it so important to have a “labor coach” on the healing journey?
3. All parents lose patience on occasion. That’s when they say things like, “don’t cry unless it’s over something important.” How does a phrase like this affect the child?

### **Questions for chapter six: The Truth Will Set You Free**

1. Why do you think peace is so often elusive?
2. What is the difference between a job and a calling? Have you experienced one or both? Talk about it.
3. The Bible holds many promises that God will be faithful to us, since that is His nature. Discuss these promises. Is it hard to believe they are true?

### **Questions for chapter seven: False vs. True Memories**

1. Even without having experienced Trauma-based Mind Control (AKA Ritual Abuse), we still believe lies about ourselves. Do we know where these might come from? How do we come against them?
2. How important is it to believe that truly hideous, barbaric evil exists? How hard is it for you to believe?
3. How does our level of belief in God’s omnipresence (He exists in the past, present, and future) affect our belief in what He can do?

**Questions for chapter eight: The Science of Memory**

1. Does it surprise you that traumatic memories function in the brain differently than more benign ones? How so?
2. What may be traumatic for you may be benign for someone else. What may be the reasons behind this truth?
3. Have you ever asked God to reveal something to you? How did you perceive it? Was it hard to believe? Why or why not?

**Questions for chapter nine: Grief**

1. Have you had feelings of isolation or invisibility? What was the situation?
2. Have you ever hardened or deadened your heart/feelings because of pain or grief? Was this a good idea or a bad one? What might the results have been?
3. Have you ever felt hopeless? What caused it to pull you down? Talk about hope. Refer to Jeremiah 29:11 and continue through verse 14.

**Questions for chapter ten: Identity Theft**

1. What is true identity? False identity?
2. How do you see yourself? Is that important?
3. Do you think you might believe lies about yourself? What might they be? Where might they have come from?

### Questions for chapter eleven: Alters vs. Little Ones

1. Have you ever felt scattered, like there was more than one of you? How do you feel about that? Consider comparing the concepts of ***depersonalization*** and ***derealization***.
2. Do you believe that all of you is important to Jesus? Discuss the story of the woman and the lost coin (Luke 15:8-9)
3. How would you feel if a heavy burden or duty were suddenly removed by someone you trusted? (The little ones feel like this, too.)

### Questions for chapter twelve: Demons

1. Before reading this chapter, what did you know or what were you taught about demons and their activity?
2. Did reading this chapter change what you know or think? Explain.
3. Discuss the concept of ***possession*** vs ***oppression***.

### Questions for chapter thirteen: False Jesus

1. Where do you think the “false Jesus” concept may have come from?
2. How would the actions of a false Jesus affect a child? Apply this concept to anyone in a position of spiritual authority (priest, nun, pastor, choir leader, parent, etc.).
3. Is it hard to trust someone you can’t see?

**Questions for chapter fourteen: Why?**

1. Why do we continue to seek answers from people rather than from God, who is the source of all truth? Why do we want to have the answer handed to us?
2. Talk about the seduction of power. What makes it seductive?
3. "Free will" is often a sticky subject, depending on your perspective. How does misuse of free will affect an abused child?

**Questions for chapter fifteen: Healing Love**

1. Is the phrase, "Time Heals all Wounds" helpful? Hurtful? How does this make you feel?
2. Talk about the paradox of the person with Type A wounds wanting love but rejecting it from others. What does this look like?
3. Have you ever noticed how many people ask how you are, but never listen for an answer? How do you respond to this? Do you do it yourself?

**Questions for chapter sixteen: Forgiveness**

1. The phrase "forgive and forget" is in error. What damage can believing this phrase do to a person?
2. Discuss how forgiveness is more for the forgiver than the perpetrator.
3. What is wrong with this statement: If only I had done \_\_\_\_\_, my healing would have come sooner. Is it true or false? Why?



**Questions for chapter seventeen: Reintegration**

1. Why do you think some mental health professionals believe that reintegration is the main (or only) goal of therapy?
2. How hard is it for you to leave the results of any circumstance to Jesus? When does faith become fatalism?
3. Do you truly believe Jesus loves every part of you? Body, Soul, and Spirit? Does He love the little ones you may or may not have? Why?

**Questions for chapter eighteen: The End**

1. When do you decide you are finished with counseling?
2. Is there ever really an end to getting help?
3. When difficult circumstances arise, where do you turn? Do you ever feel like a failure in this situation?

Please note I have not designed specific questions for the appendices, but I encourage you to discuss their content.