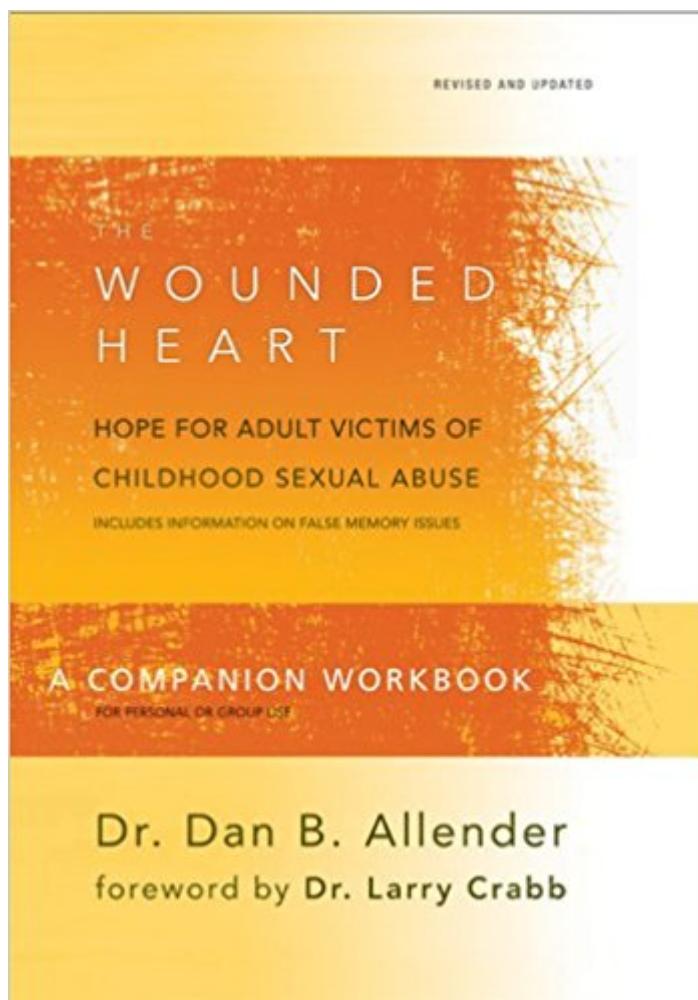


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# The Wounded Heart Workbook: A Companion Workbook For Personal Or Group Use



Dr. Dan B. Allender  
foreword by Dr. Larry Crabb



## Synopsis

This companion workbook to The Wounded Heart will help you work through the complex issues of sexual abuse in a concrete way by leading you step-by-step through the process of change. It also includes specific sections for men, ideas for discussion-group facilitators, and reflective quotations from fellow strugglers with sexual abuse.

## Book Information

Paperback: 208 pages

Publisher: NavPress; Revised ed. edition (August 20, 2008)

Language: English

ISBN-10: 160006308X

ISBN-13: 978-1600063084

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 121 customer reviews

Best Sellers Rank: #88,982 in Books (See Top 100 in Books) #112 in Books > Health, Fitness & Dieting > Mental Health > Depression #141 in Books > Parenting & Relationships > Family Relationships > Abuse > Child Abuse #149 in Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery

## Customer Reviews

Dan Allender has unraveled the very heart of sexual abuse, both in diagnosis and scriptural resolution. This is the first book on sexual abuse that gives the victim God's path to healing: a costly path of fresh suffering that leads to a life characterized by love. -- Dr. Pamela Reeve, Multnomah School of the BibleDr. Allender acts as a true surgeon of the soul in making a diagnosis which, while compassionate, is never sentimental. He brings the wounded survivor of abuse to the Great Physician for healing. I welcome this book: a next step for those who have begun the healing process, and a place to start for others. -- Maxine Hancock, author of Child Sexual AbuseThese powerful pages bring the realities of damaging human experience into the perspective of a loving God. With professional skill and spiritual insight from the crucible of experience, Dr. Allender blends a keen understanding of the dynamics of sexual abuse with the practical application of Christian truth. An excellent and timely book! -- John Powell, Ph.D., professor, Counseling Center, Michigan State University --This text refers to an out of print or unavailable edition of this title.

Thousands of women and men have experienced life-reviving healing from Dr. Dan Allender's book *The Wounded Heart*. This companion workbook will help you work through the complex issues of sexual abuse in a concrete way. Designed to be used on your own or in a group, the workbook will lead you step-by-step through the process of change: facing the truth about past and present experiences and feelings; wrestling with God, other people, and yourself; and understanding the goals and fears that have determined how you relate to others. It also includes specific sections for men, ideas for discussion-group facilitators, and reflective quotations from fellow strugglers with sexual abuse. With professional skill and spiritual insight, Dr. Dan B. Allender shows that there is hope and healing when survivors call on the Great Physician for relief from their suffering.

This book is a great help in therapy. I have personally gone through the book twice, and gotten a great deal out of it both times. The workbook really allows you to take what you learn in the book and apply it to your own life. It is hard. The process of becoming aware of what is and isn't abuse is hard enough (and this has nothing to do with "recovering" memories, it simply has to do with finding out what you thought was normal is horrifyingly not). Processing the memories is what, over time, helps you stop living in them all the time. But then, you have to face the Biblical truth of sin being passed down the generations. It's not enough to break the pattern. You also have to recognize how you lashed out and hurt people while you were trying to protect yourself. You have to stop doing that and learn how to have healthy responses. The first time I went through the book, I fought against the idea that I, the victim, also victimized other people along the way. The second time through, I accepted that my abusers had shaped my behavior, and that I had to choose how I wanted to treat people, and not let my abusers control my current relationships. That changed my life.

After many months in recovery for addiction, I finally realized why I hated myself so much--unresolved issues from my childhood sexual abuse (CSA). Our church sponsors a recovery ministry for over 200 people each week. We have about 25 groups covering 18 different topics, but no men's CSA group. I was very apprehensive about co-leading a men's CSA recovery group until I read this book! Dr. Dan Allender has counseled thousands of victims of sexual abuse, and his wisdom is here. Although written with "she" pronouns, the book applies as much to men as women. Along with the companion textbook, *The Wounded Heart* deals with guilt, shame, contempt, memory issues, sexual repercussions, and many more topic areas. His stories will cut you to the core, where you will find yourself facing your own fears and false beliefs. Where was God when I was being

abused? If you don't struggle with that question, then you'll never move forward. Dr. Allender allows you to struggle; he pokes all the sore spots from your past. His no-holds-barred approach is compelling, and you're left with nowhere to hide. You'll either run away from your past or work through it. I honestly wouldn't have agreed to facilitate a men's sexual abuse recovery group without this resource. If you're serious about dealing with your abuse--Buy This Book!

The most life changing material out there, next to the Bible.

I am so thankful for this book and the workbook. God has used this book, in my life, to reveal things within me that I did not know were there. I now realize that I went through life constantly protecting myself and functioning in a way that was completely unhealthy. My recommendation, to you, is do not pick up this book, unless you truly desire to be healed from the wounds of your past. Sometimes, before we can be healed, we have to be strong and be willing to face ourselves in entirety. It will take courage and strength. I would also recommend this book for anyone whose spouse or friend has been abused. It will allow a deeper understanding into what they are going through. I also believe that this book/workbook would be helpful to someone who has not been sexually abused, but has maybe been exposed to other types of abuse (mental, verbal, emotional, neglect) in their childhood.

I read this book after nearly having a break-down in college. I remembered some instances of childhood sexual abuse that I had suppressed. This book was a lifeline for me. I read it cover to cover, and always keep a copy to give to others. It is well-written, easy to understand, highly insightful, and if you employ the advice, life-changing. I found the chart on types and degrees of abuse very helpful. Too many of us minimize abuse and call it by some other name. I especially found the part about taking on different personality types helpful. It helped me understand some of my own confusing behavior, and it helped my then fiance, now husband, to understand and support me as well. If you have been abused, suspect you might have been, or know someone who has been, this book is for you!

This book is an excellent resource for adults who were victimized in childhood. It is very deep, asks a lot of personal questions, and helps you see that you were not at fault, but you need to change the way you relate to people so you do not continue victimizing yourself. It is best to go through this with a group you really trust or a counselor as it brings up a lot of lies you tell yourself, but it is an

excellent resource to point you back to trusting God and releasing walls that were built up over years. Be ready to work, but there will be significant change.

If you know someone whose heart is heavy because of childhood sexual abuse, it is worth taking a look at this workbook and the companion book. I think it was written for the adult survivors, but it is helpful to those who are close to people struggling with this issue.

My psychiatrist recommended this book to me... He said it would help through things I needed to put behind me...I have found that both the books work together great... I know it's a slow process, but I'll get there...

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