

Racial Injustice

Celebrate Recovery®

Exploring the Effects of Trauma from Racial Injustice

You have experienced some form of racism, which has damaged your emotions and identity in ways that continue to affect you. You have developed incorrect ideas about life and destructive ways of dealing with the pain. Racism hurts individuals, communities, and society at large. Racism is more than just words, beliefs, and actions. Racism includes the barriers that prevent people from enjoying dignity and equality because of their race. Racism is harmful emotionally and physically, and damages (affects) your relationships with others. Healing emotionally, physically, and spiritually from the effects of racism is needed in order to realize your true identity.

Characteristics of Someone Struggling with the Effects of Trauma from Racial Injustice may include, but are not limited to:

- Lack dignity, significance, purpose, and value as a human.
- Feel isolated, helpless, and hopeless, there will be change.
- Struggle with feelings about God and the church in relation to their life experiences of systemic racism.
- Feel out of control defeated and may engage in compulsive behavior.
- Feel hurt, angry and/or bitter, and may feel cautious toward people in authority.
- Experience multiple generational consequences of racism.
- Desire to have victory through Christ over the life experiences of systemic racism.

How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang ups and habits. We experience true peace and serenity we have been seeking when we admit we are powerless to heal ourself from the effects of racial injustice and we look to God's word to find our identity.

Characteristics of Someone in Recovery from the Effects of Racial Injustice may include, but are not limited to:

- Find healing from deep multi-generational trauma of racial and systemic injustice.
- Experience freedom from the grip of belief systems that come from the hurt of racism.
- Recognize that you are powerless to heal the damaged emotions resulting from racism.
- Admit that God's plan for your life includes victory over the experience of racism.
- Understanding the people and systems who abused you are responsible for the acts committed against you. You will not accept the guilt and shame resulting from those abusive acts
- Recognize you are responsible for how you respond to the deep hurt and pain that is caused by the offender.
- Look to God and His Word to find your dignity, significance, purpose and value, as human beings.
- Share your feelings with God and at least one other person to help identify the areas that need healing.
- Accept God's help in the decision and the process of forgiving those who have perpetrated against you.
- Recognize that forgiveness is the key to long-standing recovery.
- Understand that forgiveness is not justifying, minimizing, or denying the pain you have experienced.
- Understand that forgiveness is about releasing the offender back to God and trusting that God will bring justice.
- Realize that God makes all things right for all generations.
- Be used by God as an instrument of healing and restoration in the lives of others.

