

# Scribe Notes: Healing Deeper Wounds

1. Is there an experience, a situation, a feeling, or a name that is coming to your mind?  
What happened? Can you describe the situation? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. How old were you here? \_\_\_\_\_

3. Did you know Jesus at this age? YES NO

4. If no, did you accept Jesus at this age? YES NO

5. Are you observing the memory as a third party? YES NO

6. What do you notice about the scene—any details stand out to you? What does this mean to you or remind you of? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. How does this make you feel? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. At this age, are there any strong, negative emotions that keep affecting you here?

---

---

---

9. How do you cope when you see similar hard situations you went through?" \_\_\_\_\_

---

---

---

10. Have you already forgiven the people involved?      YES      NO

---

---

---

---

11. Even after you've forgiven, are you still holding on to negative feelings toward yourself?

---

---

---

---

Region of captivity?      YES      NO

---

---

---

Were they freed from the Region of captivity?      YES      NO

12. So how do you feel right now?

---

---

---

---