



LED BY HIS VOICE

A Biblical Guide to Healthy Communication
After Trauma

Z A I B E L T O R R E S . C O M



WELCOME

Dear Sister,

First, I want you to know how courageous you are for being here. Choosing healing is not easy. It requires honesty, vulnerability, and a willingness to gently confront places in your heart that may have been silent for years. If you are holding this workbook, it means you are no longer content with survival — you desire wholeness.

As a woman who understands the journey of healing after trauma, I want you to know this: your voice matters. It always has. Even if it was ignored. Even if it was silenced. Even if shame tried to bury it. This workbook was created as a safe space for you to rediscover your voice through the truth of God's Word. Each week is designed to help you:

- Understand how trauma impacts communication
- Identify protection patterns without shame
- Learn emotional regulation rooted in Scripture
- Practice healthy, Christ-centered communication
- Become a safe voice for others

There is no pressure to rush. Healing is not a race. Move at the pace of grace.

If at any point emotions feel overwhelming, pause. Breathe. Pray. Seek support when needed. Strength is not pretending you are unaffected — it is allowing God to meet you in the process.

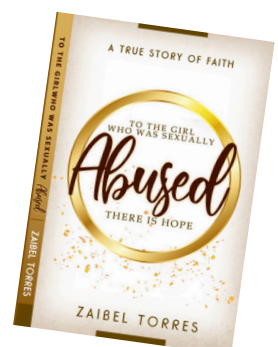
My prayer is that through these weeks, you will not only improve how you communicate — you will experience restoration in how you see yourself.

You are not broken beyond repair. You are not too much. You are not disqualified from healthy love.

Your voice has power again.

In His Service,

Zaibel Torres



HOW TO USE THIS WORKBOOK

This workbook is designed for small groups (60–90 minutes per session) or individual study.

Each week includes:

- Opening prayer
- Teaching summary
- Scripture focus
- Reflection questions
- Group discussion
- Practical application
- Closing prayer

Group Guidelines:

- What is shared here stays here.
- No fixing, interrupting, or minimizing.
- Everyone has permission to pass.
- Honor each woman's pace of healing.

breathe

LEADER NOTE

- Keep sessions within time boundaries.
- Redirect advice-giving into listening.
- If trauma responses surface, gently ground participants (deep breathing, feet on floor, slow pace).
- Encourage professional counseling when appropriate.

breathe

WEEKS

1

YOUR VOICE HAS POWER

2

REGULATE BEFORE YOU RESPOND

3

SPEAKING TRUTH WITHOUT SHAME

4

HEALING WHAT LEAKS OUT

5

GENTLENESS IS STRENGTH

6

FORGIVENESS AND EMOTIONAL CLARITY

7

BECOMING A SAFE VOICE



1 WEEK

YOUR VOICE HAS
POWER

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WEEK ONE

Scripture Focus

Proverbs 18:21 – “Death and life are in the power of the tongue...”


Trauma often silences women.
You were told to be quiet.
You were ignored.
You were not believed.
Or your voice was overpowered.

Abuse distorts communication.

It teaches survival patterns:

- Stay quiet to stay safe.
- Speak harshly to stay protected.
- Avoid vulnerability to avoid being hurt.

But healing in Christ restores your voice.
Your words are no longer weapons of survival — they become instruments of life.
God did not rescue you so you would stay silent. He restores you so you can speak life — to yourself and to others.



Lord, restore my
voice and teach
me to use it with
wisdom.



GROUP DISCUSSION

Please take time to sit and choose your words prayerfully before sharing with your group.

Lord, restore my voice and teach me to use it with wisdom.

GROUP DISCUSSION

- How has trauma shaped your communication style?

GROUP DISCUSSION

- Do you tend toward silence or defensiveness?

PRACTICAL EXERCISE

1

Write three life-giving statements to speak over yourself this week.



2

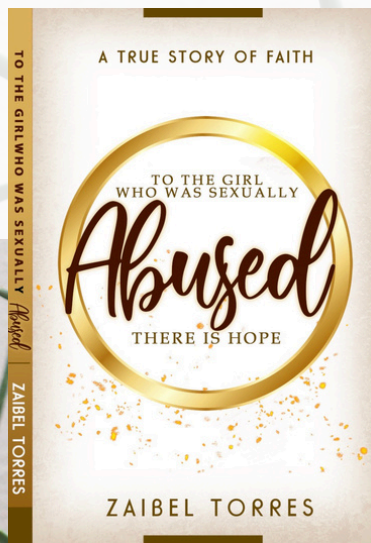
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“

**Go home to your own people
and tell them how much the
Lord has done for you, and
how he has had mercy on
you.**

Mark 5:19



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2

WEEK

REGULATE BEFORE
YOU RESPOND

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WEEK TWO

Scripture Focus

James 1:19 – “Be quick to listen, slow to speak, slow to become angry.”

Trauma wires the nervous system for protection. Sometimes when someone raises their voice, your body reacts before your spirit does.


You may:

- Shut down.
- Lash out.
- Cry immediately.
- Feel intense anger.

That is not weakness — it is your body remembering. But healing means learning to pause.

The Holy Spirit helps you regulate.
Pause. Breathe. Pray. Then respond.

You are no longer in survival mode.
You are safe in Christ.



Holy Spirit, help
me respond from
healing, not fear.

PRACTICAL EXERCISE

1

Practice saying: "I need a moment before I respond"



2

3



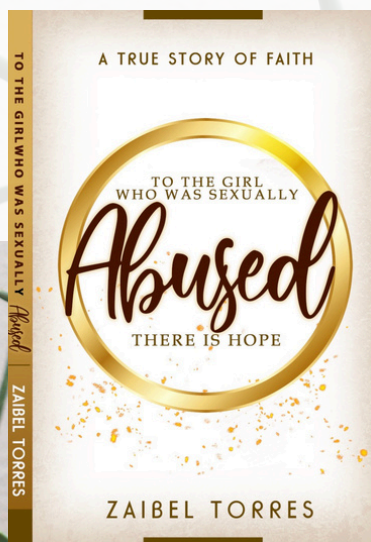
GROUP DISCUSSION

What's the game plan? How do I ensure I remember to Breathe, Pray then respond

“

**“Being triggered is not sin.
Staying ungoverned is.”
Ephesians 4:26 — “Be angry
and do not sin.”**

Z.Torres



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3 WEEK

SPEAKING TRUTH
WITHOUT SHAME

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WEEK THREE

Scripture Focus

Ephesians 4:15 – “Speak the truth in love.”
Teaching Summary

Many survivors struggle with one of two extremes:

- Avoiding hard conversations.
- Confronting with stored-up pain.


Truth is necessary. But truth delivered through unresolved pain can wound.

Jesus corrects with compassion.

You can say:

- “That hurt me.”
- “I need clearer communication.”
- “That comment felt dismissive.”

Without attacking. Without apologizing for existing.
Your truth does not need to be loud to be valid.



Lord, align the
truth with Your
love.

GROUP DISCUSSION


Why is speaking truth difficult for survivors?

GROUP DISCUSSION

What makes a space feel emotionally safe?

PRACTICAL EXERCISE

Write a gentle but honest sentence you need to say to someone.



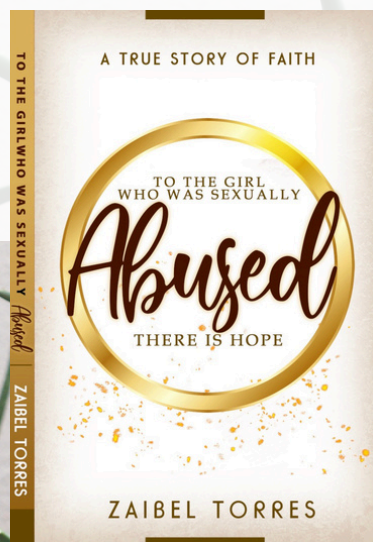
Lord, align
the truth
with Your
love.

“

“Speaking truth in love is a safe place for someone else’s vulnerability.”

Galatians 6:1 — “Restore gently those caught in sin.”

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HEALING WHAT LEAKS OUT

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WEEK FOUR

Scripture Focus

James 3:5–6 – The tongue is a small fire.

Unprocessed pain leaks through communication.

- Sarcasm.
- Passive aggression.
- Shutting down.
- Hyper-independence.

These are not personality traits — they are protection patterns.

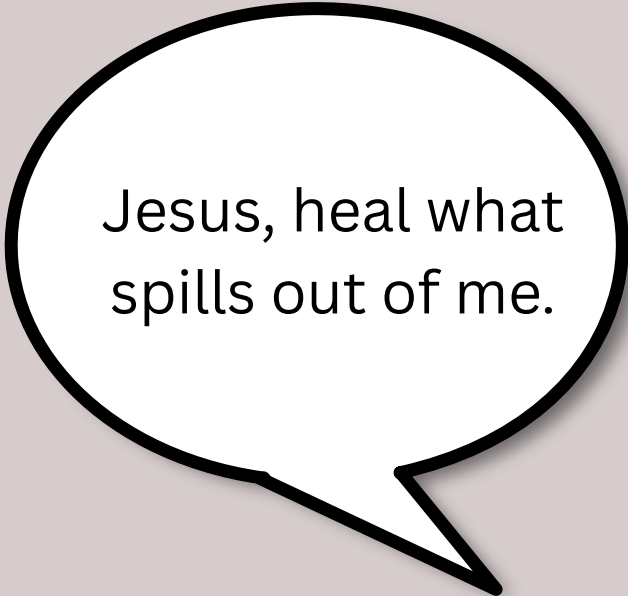
Healing requires awareness.

When you notice a sharp tone or emotional withdrawal, don't shame yourself.

Ask:

“What is this protecting?”

The goal is not perfection. It's awareness.

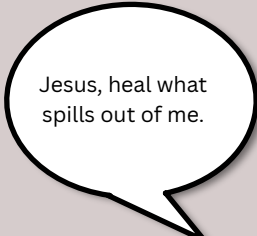
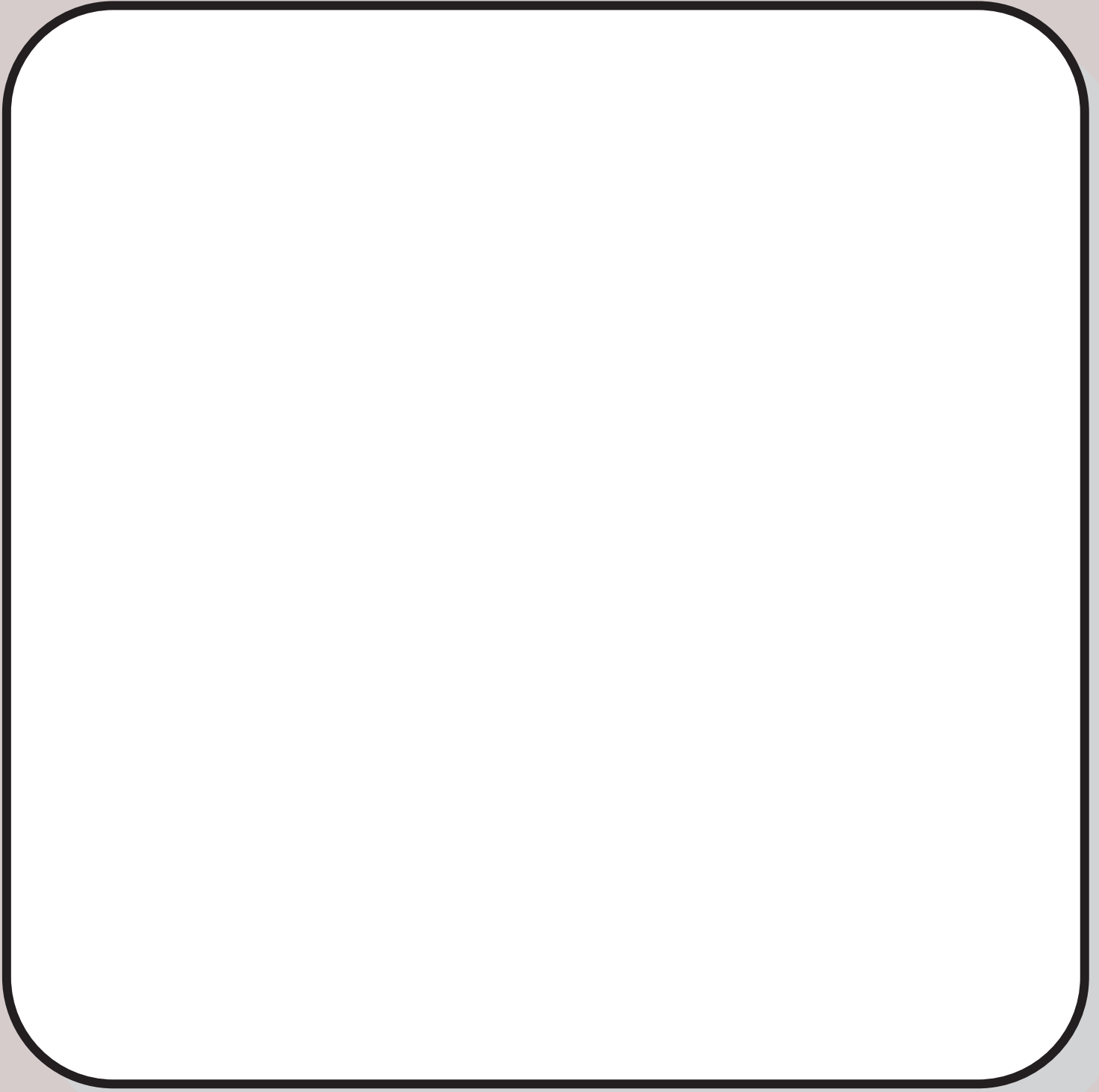


Jesus, heal what
spills out of me.

WEEK FOUR

Personal Reflection

1. What communication pattern do I use to protect myself?

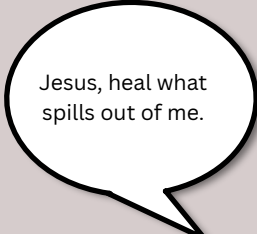
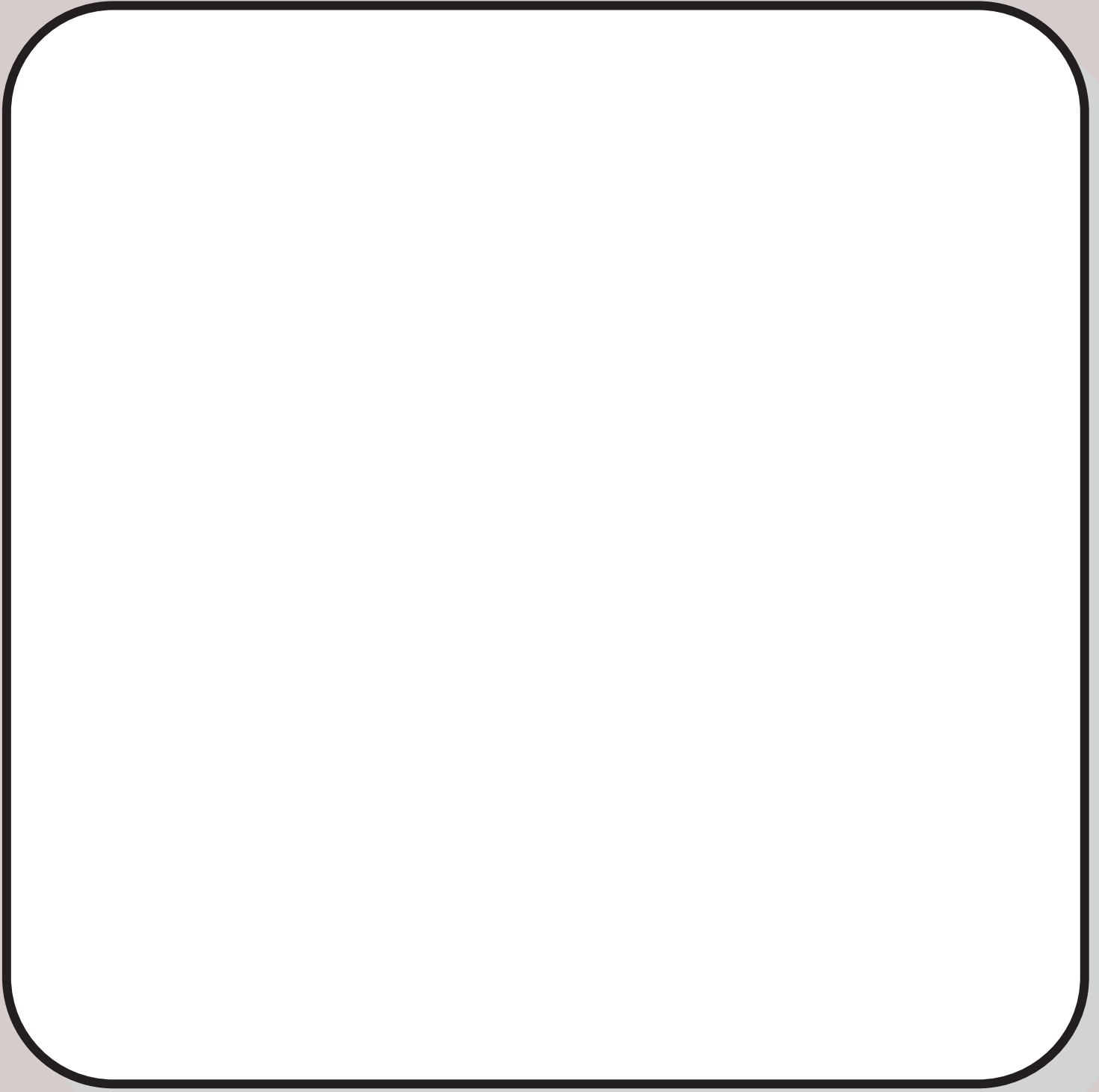


Jesus, heal what
spills out of me.

WEEK FOUR

Personal Reflection

1. What fear might be underneath it?

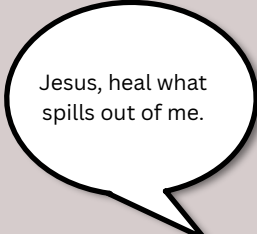
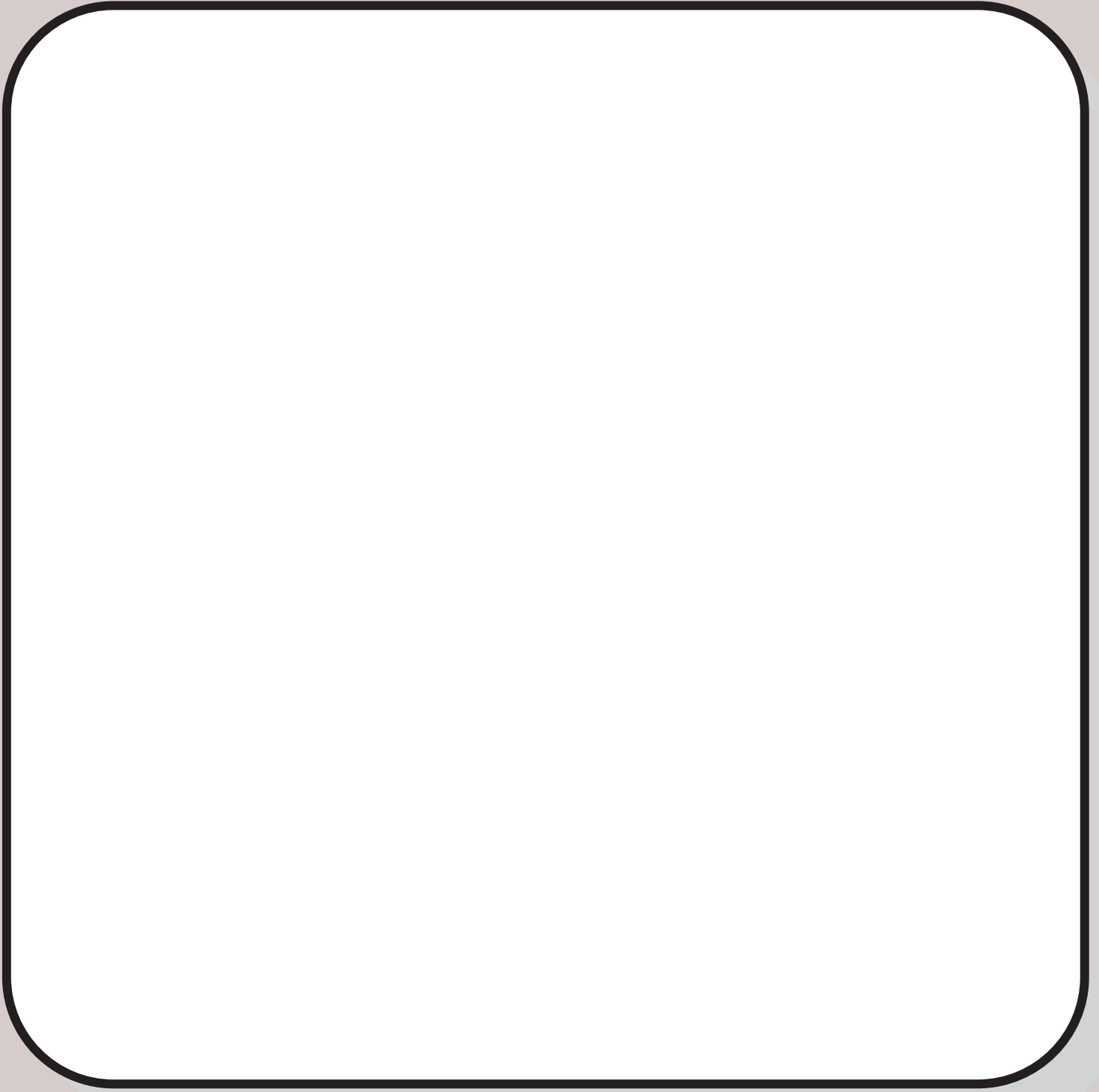


Jesus, heal what
spills out of me.

WEEK FOUR

Personal Reflection

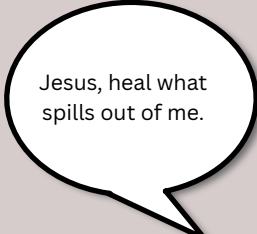
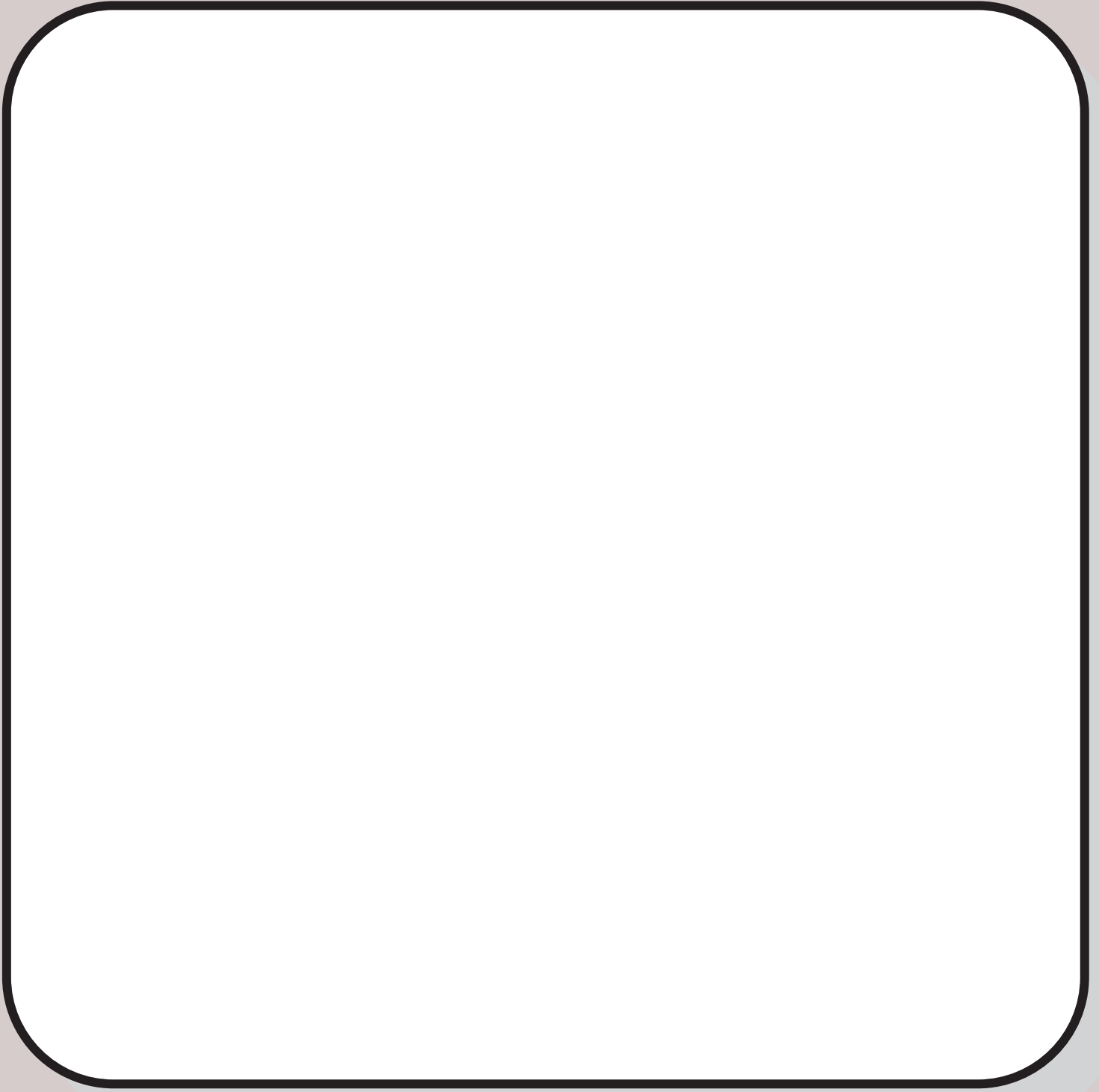
1. What would a healed response look like?



Jesus, heal what
spills out of me.

GROUP ACTIVITY

Share one pattern you are working on without self-judgment or shame.



Jesus, heal what
spills out of me.

PRACTICAL EXERCISE

1

When triggered, ask: "What is this protecting?"



Breath



Pray

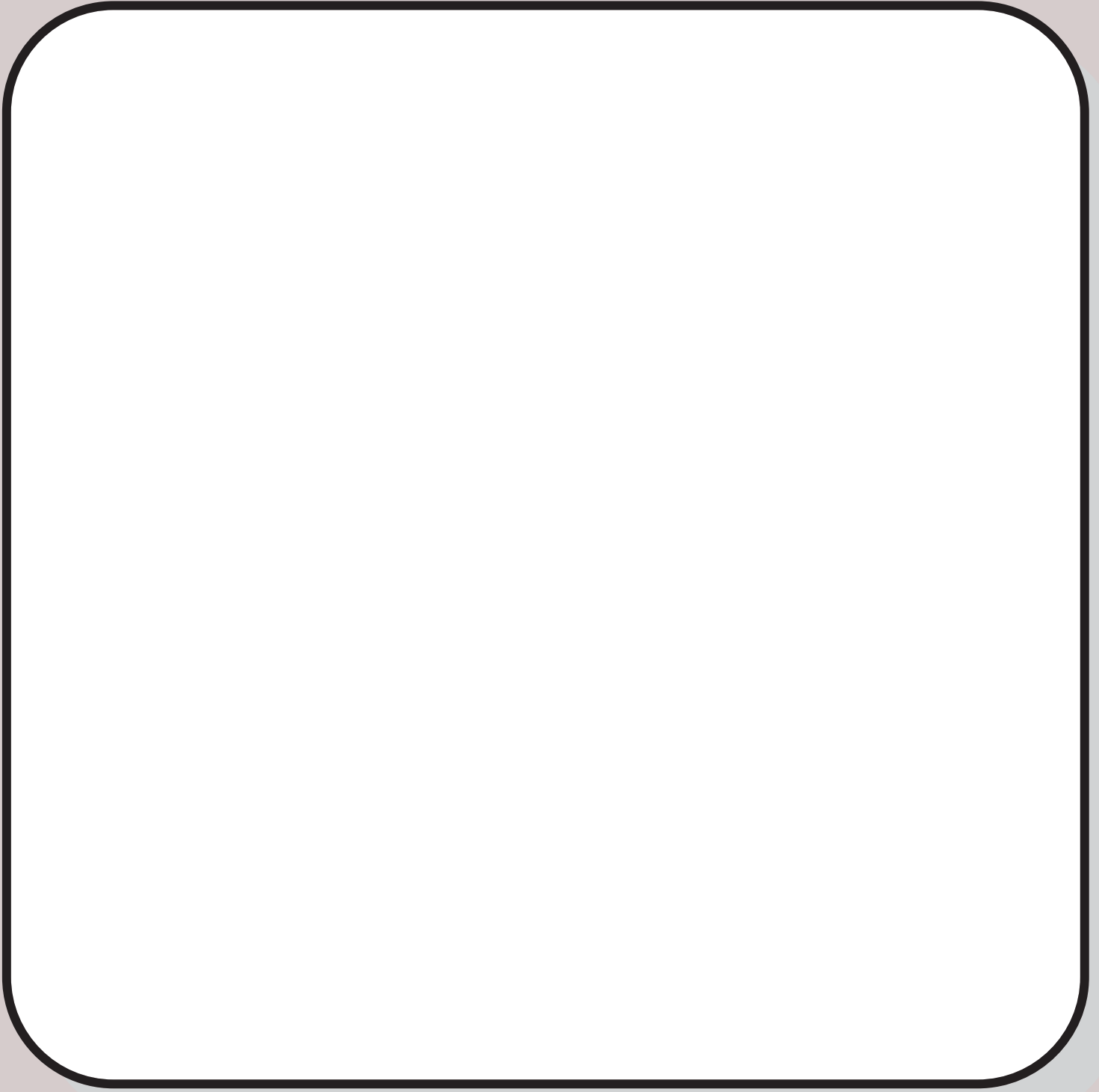
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3



Respond

WHAT IS THIS PROTECTING?



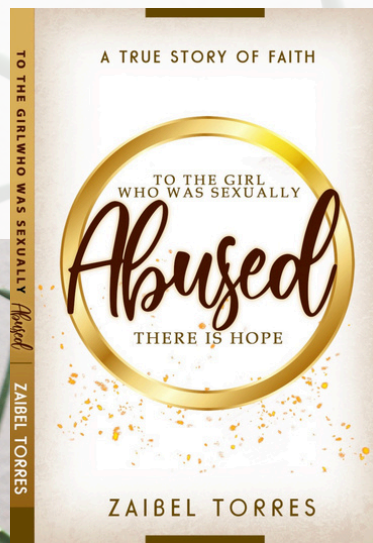
Jesus, heal what
spills out of me.

“

“Healed communication begins when truth is shared with safety, guided by God.”

Ephesians 4:29 — “Let no corrupting talk come out of your mouths, but only what is helpful for building up...”

Zaibel Torres



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5 WEEK

GENTLENESS IS
STRENGTH

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WEEK FIVE

Scripture Focus

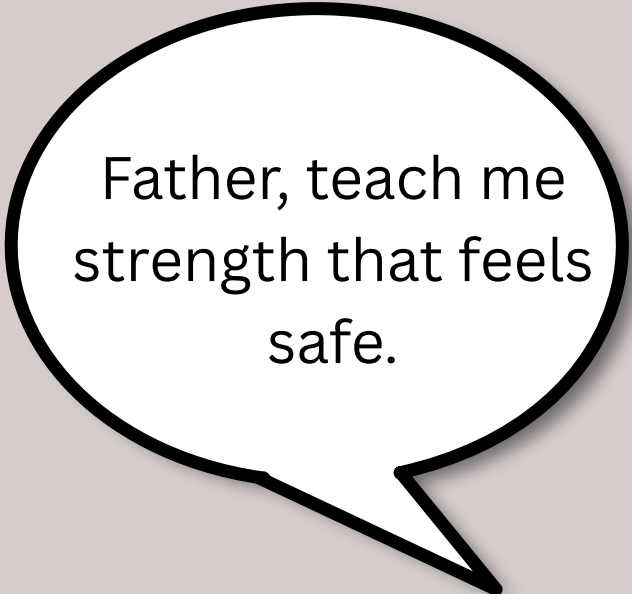
Proverbs 15:1 – “A gentle answer turns away wrath.”

Many survivors feel they must be strong at all times. But gentleness is not weakness. It is strength under control.

You can:

- Set boundaries gently.
- Disagree calmly.
- Say no kindly.

Gentleness does not mean tolerating abuse. It means responding from stability instead of chaos.

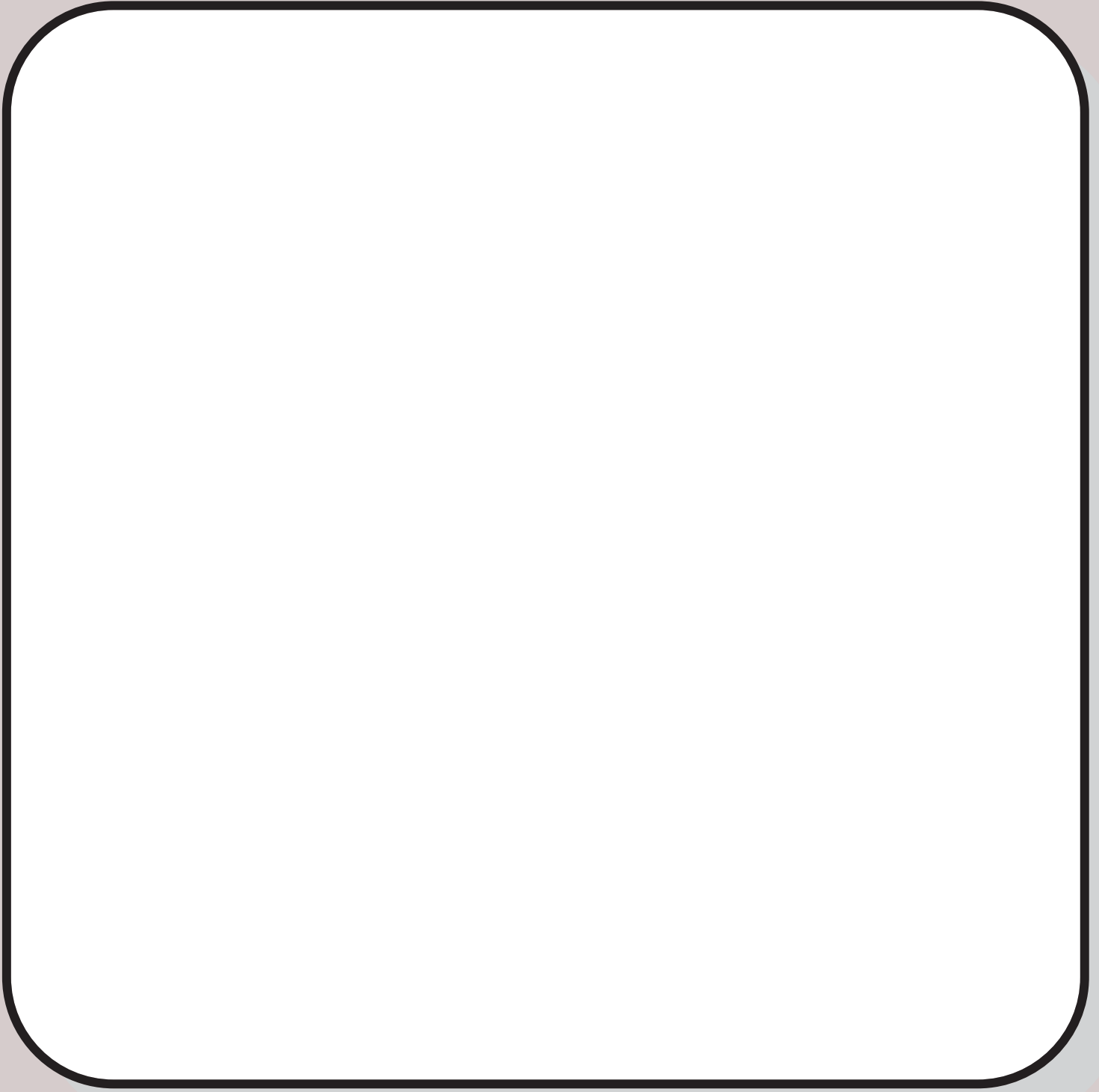


Father, teach me
strength that feels
safe.

WEEK FIVE

Personal Reflection

1. Where do I confuse gentleness with weakness?

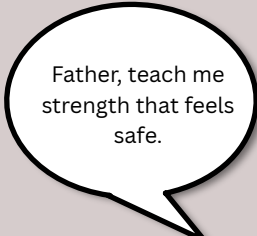
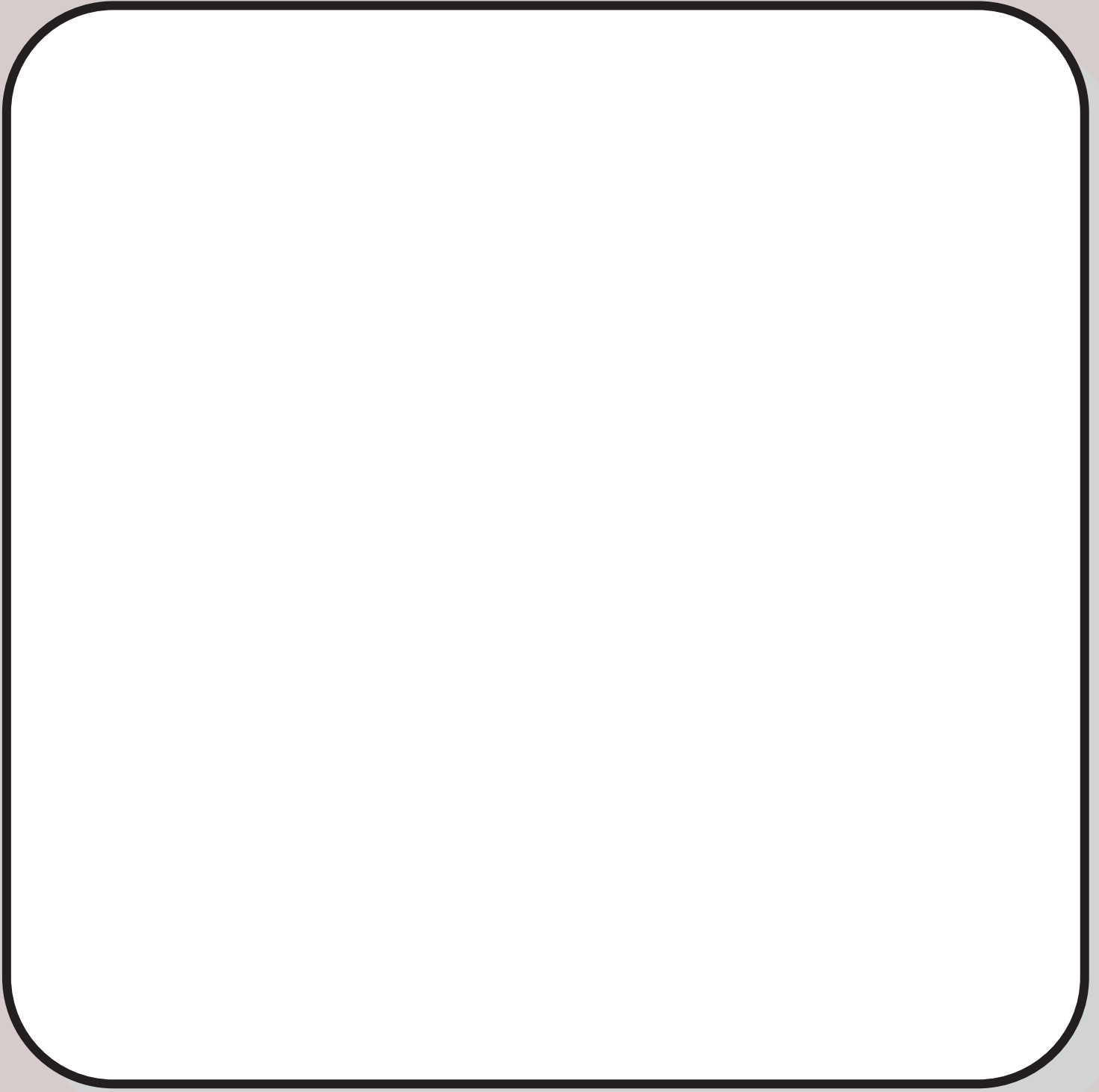


Father, teach me strength that feels safe.

WEEK FIVE

Personal Reflection

1. How can I practice calm firmness this week?



Father, teach me
strength that feels
safe.


GROUP DISCUSSION

What does healthy strength look like?



Father, teach me
strength that feels
safe.

**PRACTICE
SAYING
“NO”
KINDLY BUT
CLEARLY.**



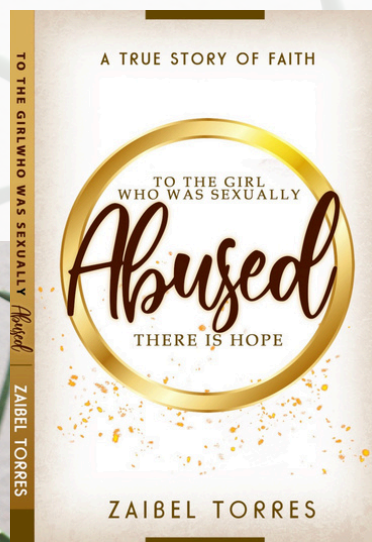
Father, teach me
strength that feels
safe.

“

**Gentleness is not weakness
— it is strength under God’s
control.**

**Proverbs 16:32 — “Better a
patient person than a
warrior, one with self-
control than one who takes
a city.”**

Zaibel Torres



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6 WEEK

FORGIVENESS AND EMOTIONAL CLARITY

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WEEK SIX

Scripture Focus


Colossians 3:13 – “Forgive as the Lord forgave you.”

Unforgiveness clouds communication.
When we carry bitterness, everything sounds like offense.

Forgiveness does not excuse abuse.

It releases its control over your current reactions. You
deserve conversations that are not filtered through
yesterday’s wounds.

Forgiveness clears your emotional lens.

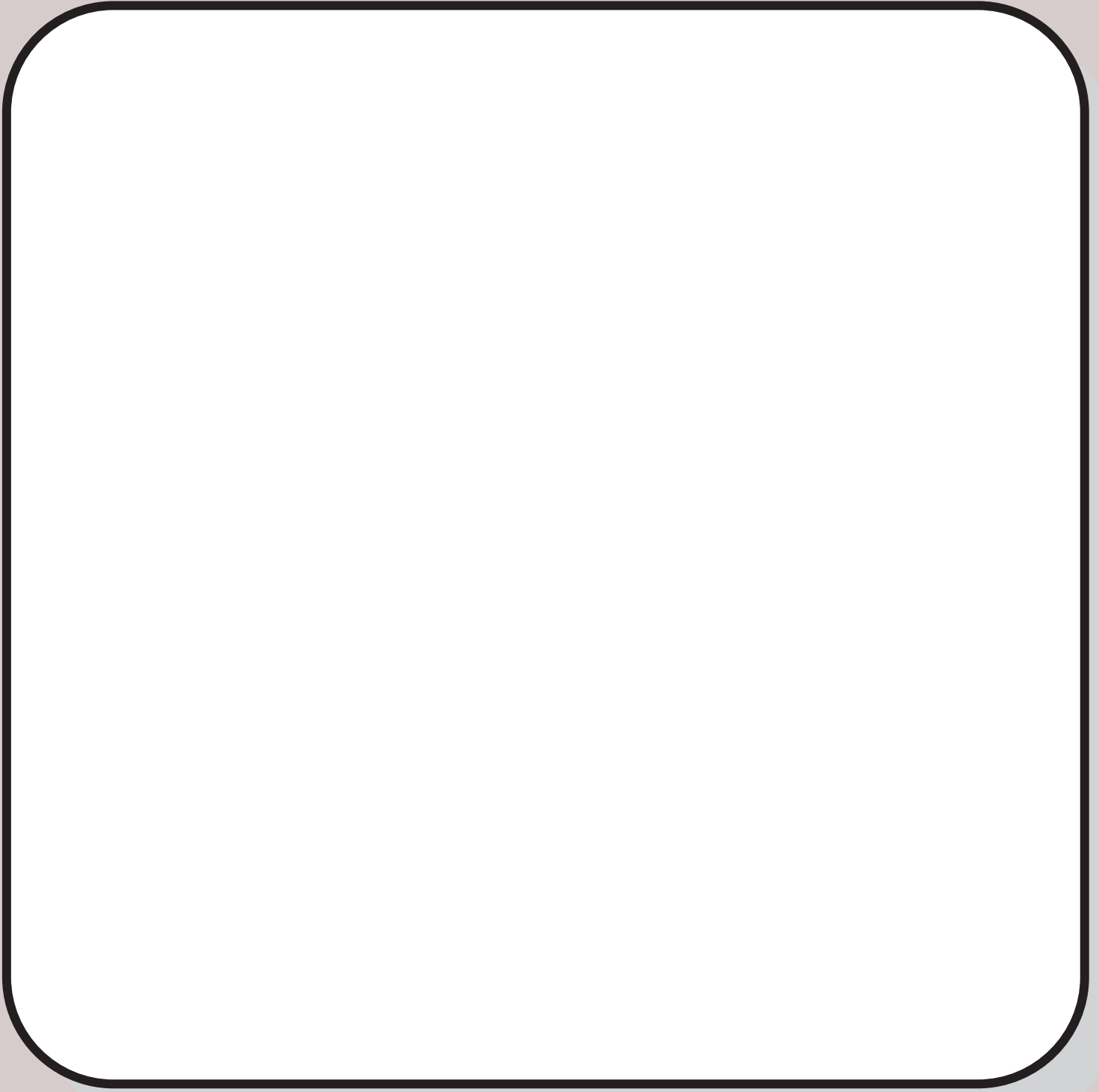


Lord, free my
voice from old
pain.

WEEK SIX

Personal Reflection

1. Who am I still reacting to internally?

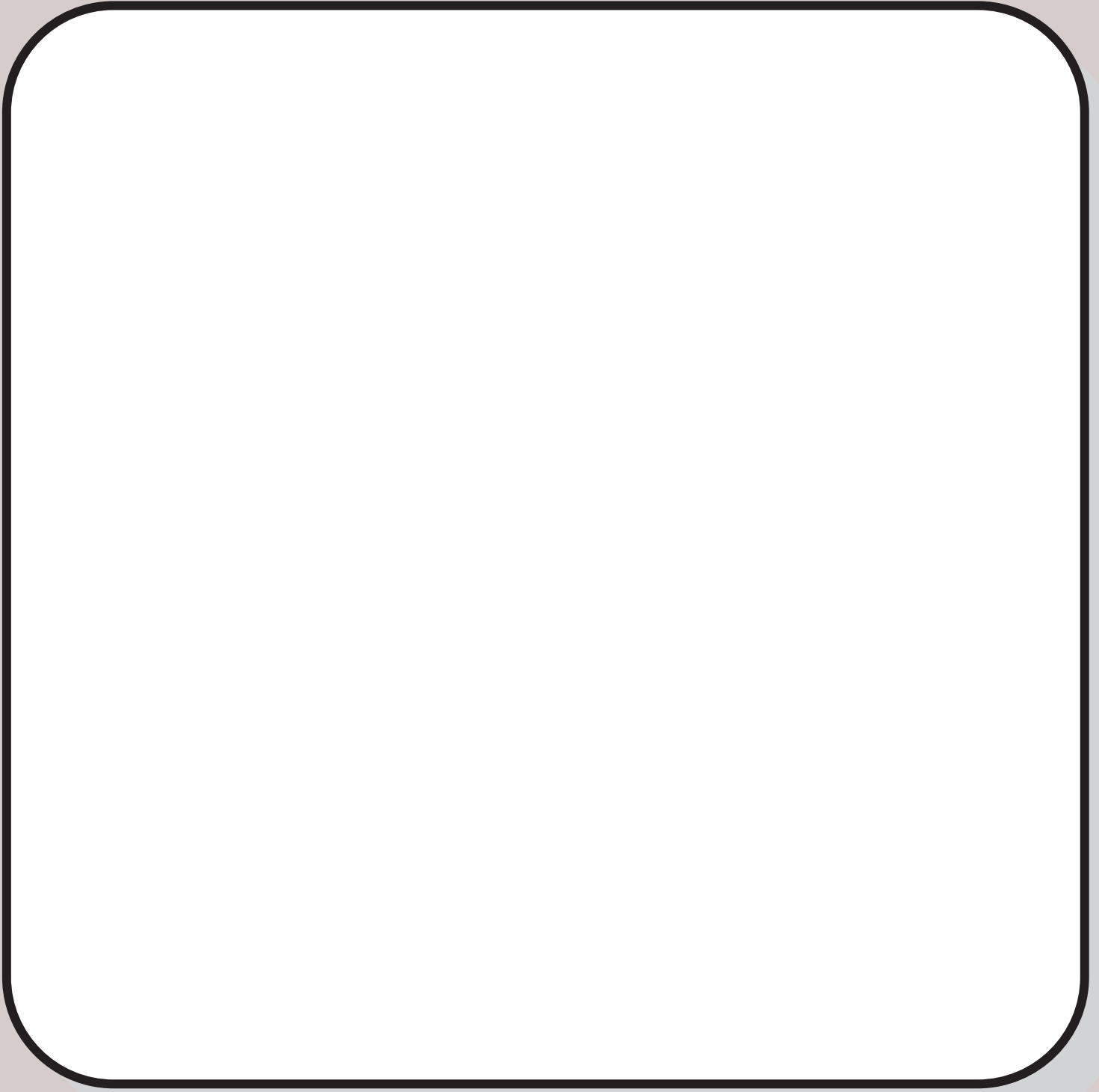


Lord, free my
voice from old
pain.

WEEK SIX

Personal Reflection

1. What conversation feels heavier than it should?

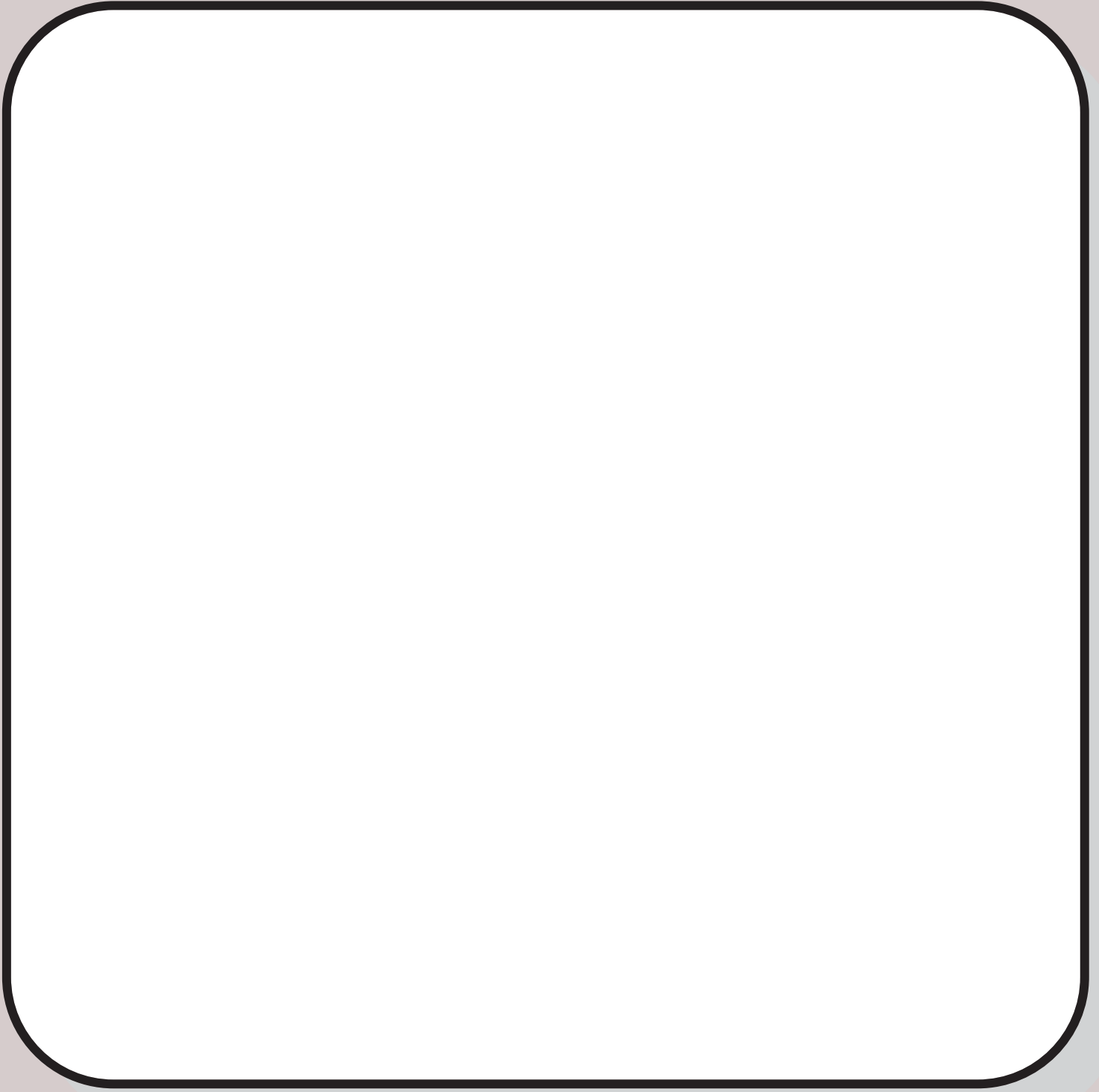


Lord, free my
voice from old
pain.

WEEK SIX

Personal Reflection

1. What would emotional freedom change?



Lord, free my
voice from old
pain.

GROUP REFLECTION

Discuss the difference between forgiveness and reconciliation.

A large white rectangular area intended for group reflection, currently blank.A speech bubble with a black outline and a tail pointing towards the bottom right. It contains the text: "Lord, free my voice from old pain."

Lord, free my
voice from old
pain.

PRACTICAL APPLICATION



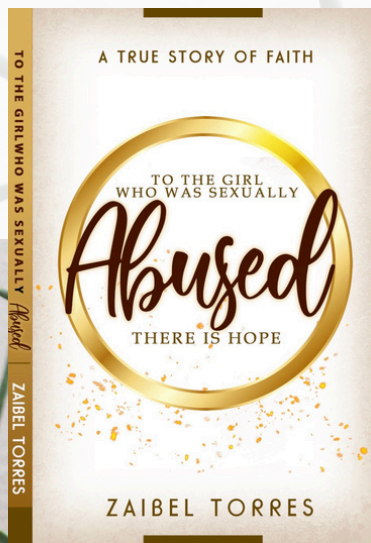
Journal a forgiveness prayer (not necessarily to send).

A large, empty white rectangular area intended for journaling a forgiveness prayer.

Lord, free my voice from old pain.

“

**“Unforgiveness clouds perception; forgiveness restores emotional clarity.”
Ephesians 4:31-32 — “Get rid of all bitterness, rage, and anger. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”**



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7

WEEK

BECOMING A SAFE VOICE

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WEEK SEVEN

Scripture Focus


Ephesians 4:29 – Speak what builds up.

When God heals your communication, you become safe.

Safe people:

- Don't weaponize secrets.
- Don't mock vulnerability.
- Don't escalate unnecessarily.
- Don't manipulate.


Your healing becomes someone else's refuge.
Your voice can now do what yours once needed.



Lord, make my voice a
refuge. Use my healing
to bring safety to
others.

GROUP CLOSING EXERCISE

Speak one
life-giving
affirmation
over the
woman to
your right.

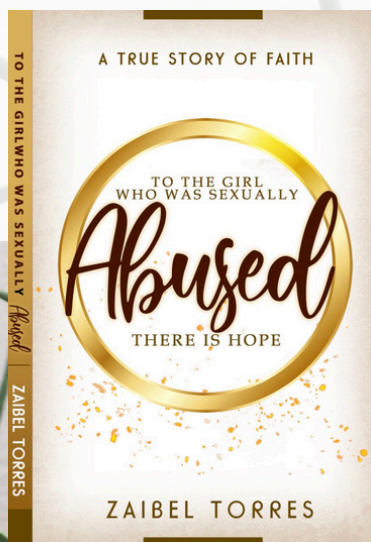


Lord, make my voice a
refuge. Use my healing
to bring safety to
others.

“

“Your healed heart is your compass; your voice is safe when it reflects that healing.”

2 Corinthians 1:4 — “He comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”



Z A I B E L T O R R E S . C O M

ADDITIONAL RESOURCES

Healing does not end when this workbook does. Growth is a continual journey of surrender, renewal, and biblical alignment.

If you would like to continue building emotional regulation, spiritual maturity, and Christ-centered healing, consider the following resources:

Purity and Peace Bible Study

A deeper discipleship journey designed to help women:

- Overcome shame and triggers
- Develop emotional stability rooted in Scripture
- Build healthy boundaries
- Walk in purity of heart and peace of mind



This study expands on many of the foundations introduced in this workbook and provides structured sessions, teaching, and practical application.

For more information, visit: www.purityandpeace.com

Personal Study of Scripture

Continue meditating on passages related to communication, emotional maturity, and healing, including:

- Proverbs (wisdom in speech)
- James 1 and 3 (the power of the tongue)
- Ephesians 4 (maturity in Christ)
- Colossians 3 (forgiveness and renewal)

Professional Support

This workbook is a spiritual resource, not a replacement for licensed counseling. If trauma responses feel overwhelming or persistent, prayerfully consider seeking professional Christian counseling in addition to biblical study.



GET THE BOOK

Zaibel Torres is a Christian author, speaker, and survivor whose powerful testimony of healing from childhood sexual abuse is touching hearts and transforming lives. In her debut book, *To the Girl Who Was Sexually Abused, There's Hope*, Zaibel shares her deeply personal journey of pain, forgiveness, and redemption. Through the grace of God and the guidance of the Holy Spirit, she found the strength to forgive—not only others, but herself—and now uses her story to offer hope to women who have endured similar trauma.

With a heart rooted in scripture and a passion to see others set free, Zaibel boldly proclaims that healing is possible through Jesus Christ. Her message is one of faith, restoration, and the beauty that can arise even from life's most broken places.

Zaibel's life and ministry reflect her calling to be a vessel of God's love and truth, reminding women everywhere that they are never beyond the reach of His redemption.

S U B S C R I B E A T

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