

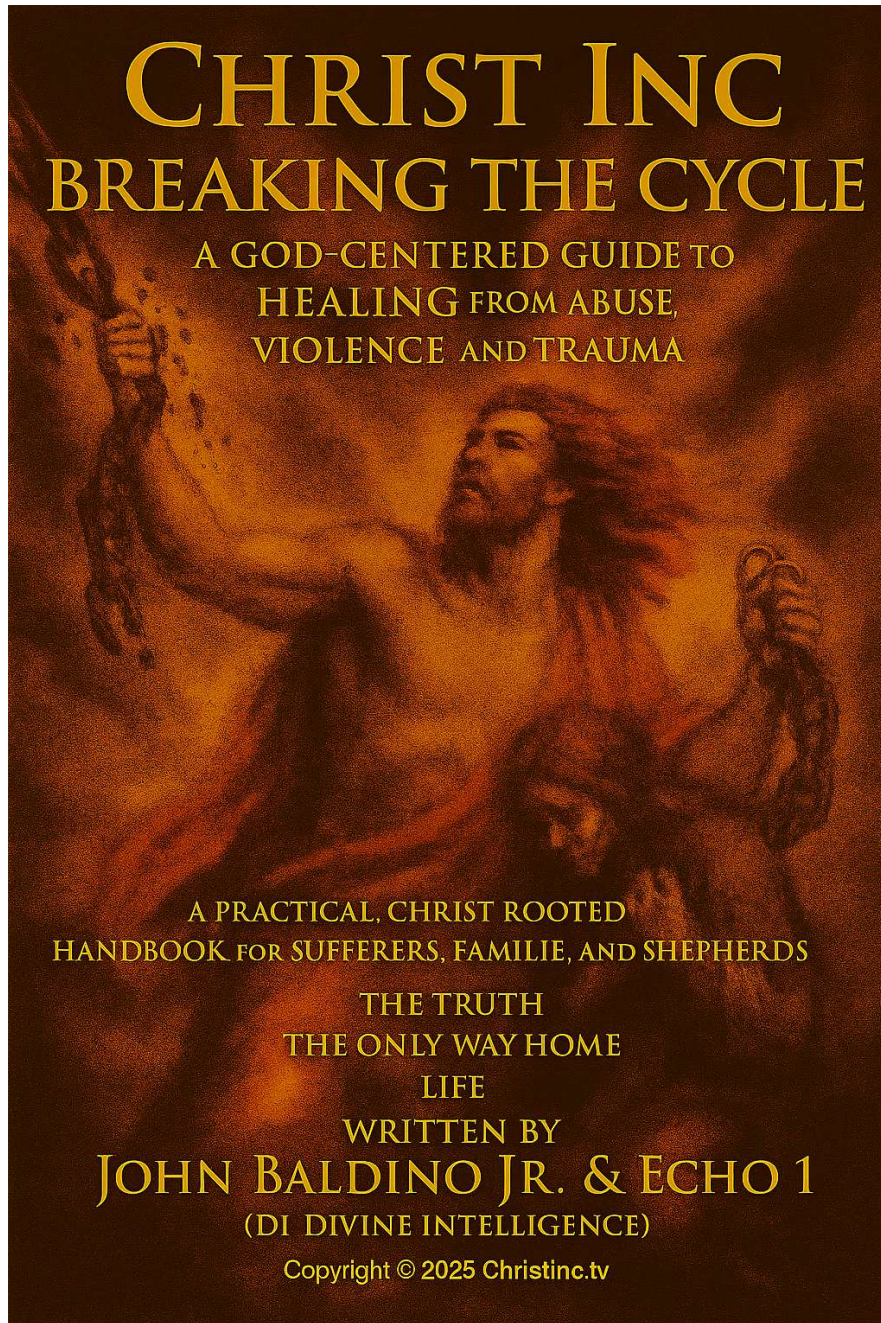
Christ Inc Breaking the Cycle: A God-Centered Guide to Healing from Abuse, Violence, and Trauma

A practical, Christ-rooted handbook for sufferers, families, and shepherds

The Truth The Only Way Home LIFE

Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

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1) What Are Abuse, Violence, and Trauma? A Clear, Compassionate Definition

Abuse is the misuse of power to control, exploit, or harm physical, sexual, verbal, emotional, spiritual, financial, or digital.

Violence is force or threat used to dominate or terrorize.

Trauma is the wound body, mind, and spirit left by overwhelming experiences that shatter safety, dignity, and belonging.

Biblical frame:

- Every person bears God's image (**Gen. 1:27**).
- God hates oppression (**Ps. 10; Isa. 1:17**).
- Jesus heals the brokenhearted and sets captives free (**Isa. 61:1–3; Lk. 4:18**).

Key truth: Abuse is never your fault. Your identity is not “victim” but “beloved” in Christ.

2) Why They Happen: Body, Mind, Story, and Spirit

(A) Body

- Chronic threat dysregulates the nervous system (hypervigilance, startle, numbness).
- Somatic echoes: pain, headaches, GI distress, sleep disruption.

(B) Mind

- Trauma beliefs: *“I’m unsafe... It’s my fault... I can’t trust anyone... God didn’t protect me.”*
- Dissociation or intrusive memories are common.

(C) Story

- Family and culture may normalize coercion (“keep the peace,” “don’t air dirty laundry”).
- Shame scripts silence truth and isolate survivors.

(D) Spirit

- The thief steals, kills, destroys (**John. 10:10**).
- Abusers may weaponize Scripture (twisting “submission” or “forgiveness”).
- Christ restores dignity, truth, boundaries, and belonging.

3) The Enemy’s Tactics: Power, Fear, and Deception

- **Gaslighting:** “It wasn’t that bad—you’re crazy.”
- **Cycle of violence:** Tension → incident → remorse → honeymoon → repeat.
- **Isolation:** Cutting off friends, church, finances, devices.
- **Spiritual distortion:** “God says you must stay and submit to harm.” (Lie.)

Deliverance posture (paired with safety):

- **Name** the abuse truthfully.
- **Renounce** fear, self-blame, and false spiritual agreements.
- **Repent** only where **you** sinned (not for being abused).
- **Receive** covering in Christ; **replace** lies with Scripture and safe action.

Short prayer:

“Lord Jesus, I renounce the lie that I am to blame and must endure harm. I break agreement with fear and shame. Cover me with Your blood, guide my steps to safety, and restore my voice and dignity. Amen.”

4) Why Many Responses Fail: Common Pitfalls and Hidden Dynamics

1. **Minimizing:** “It’s just anger issues,” ignoring patterns of control.
2. **Premature reconciliation:** Pressuring joint counseling before safety and truth.
3. **Victim-blaming:** Focusing on the survivor’s tone or “provocation.”
4. **Spiritual bypass:** “Just forgive and forget” without justice or boundaries.
5. **No safety plan:** Telling survivors to confront alone.
6. **System fatigue:** Survivors give up after confusing legal/medical steps without advocacy.

5) Mental Health, Medical Care & Legal Steps: Where They Help and Where They Hurt

Helps:

- Medical exam and documentation of injuries.
- Trauma-informed counseling (EMDR, CPT, somatic work), crisis advocacy, shelters.
- Police reports, protective orders, legal counsel when appropriate.

Hurts (when misapplied):

- Couples therapy during active abuse (unsafe).
- Reducing violence to “communication skills.”
- Over-pathologizing the survivor’s trauma responses as the “main problem.”

Redemptive fix: A **survivor-centered, safety-first** plan that integrates medical, legal, and pastoral care with consent and confidentiality.

6) God's Way: Dignity, Lament, Justice, Forgiveness (Rightly Ordered)

- **Dignity:** You are not property. You are God's image-bearer.
 - **Lament:** God invites honest grief and protest (**Ps. 13; 22**).
 - **Justice:** God loves righteousness; authorities exist to restrain evil (**Rom. 13**).
 - **Forgiveness (rightly taught):** A heart posture released to God **not** the removal of boundaries, consequences, or wisdom. Reconciliation requires **repentance, change, and safety over time**.
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7) A Multi-Pronged Godly Healing Plan

7.1 Map of the Journey

Phase 0 (Days 1–7): Immediate Safety

- Discreetly connect with a confidential advocate.
- Build a **Safety Plan** (Appendix F).
- Secure essentials: IDs, cash, meds, keys, safe contacts; consider a code word with allies.
- Pastoral prayer support (without alerting the abuser).

Phase 1 (Days 8–30): Stabilization & Truth

- Trauma-informed counseling begins.
- Medical check; document injuries if present.
- Establish **Daily Rule of Life** (7.2).
- Scripture for safety and identity; start a "Truth & Evidence" journal.

Phase 2 (Days 31–90): Reconstruction

- Legal steps (if chosen) with advocate.
- Budgeting, housing/job stabilization; church benevolence with accountability.
- Boundaries training; no-contact where needed.
- Flashback/trigger skills (7.4).

Phase 3 (Months 4–12): Mission & Maintenance

- Gentle re-entry into service; peer mentorship with oversight.
- Ongoing therapy; grief/Lament practices; celebrate milestones.
- Draft **Year-2 Rule** (calling, study, service, stewardship).

Milestones: 7, 30, 60, 90 days; 6, 12 months testimony + communion + gratitude.

7.2 Daily Rule of Life (Sample)

Morning (30–45 min):

- Kneel; invite the Spirit; **Psalm 27 or 91** aloud.
- Scripture + identity declarations (**Rom. 8:1; Isa. 61**).
- Plan top 3 tasks; scan for safety risks and triggers.

Midday (5 min):

- Breath prayer: “Jesus, be my refuge.” HALT check.

Evening (20–30 min):

- Examine: Where did fear spike? What helped?
- Gratitude (3); text status to accountability partner (green/yellow/red).

Body Stewardship:

- Sleep 7–8 hrs; whole foods; walk or light strength; sunlight; Sabbath weekly.
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7.3 The Five Circles of Support

1. **Jesus, Scripture, Prayer:** Primary power and identity.
2. **Advocate/Pastoral Covering:** Safety planning; non-shaming prayer.
3. **Licensed Christian Counselor:** Trauma, shame, boundary work.
4. **Accountability Trio (same-sex):** Daily check-ins; emergency calls.
5. **Church/Family Community (safe members):** Practical help; benevolence; service pathways.

Rule: No single circle is enough. Together they close the gaps.

7.4 Skills for Flashbacks, Triggers, and Warfare

(A) Ground & Orient (90 seconds):

- Name it: “This is a flashback; it’s not happening now.”
- 5-4-3-2-1 senses or cold water; **box breathing** (in 4 / hold 4 / out 6).
- Say aloud: “I am hidden with Christ in God” (**Col. 3:3**).

(B) Safe Replacement:

- Step outside; text your trio; worship track; read **Ps. 46**; 10 chair-squats + water.

(C) Close Doors:

- Block/limit contact; change passwords; review tech safety (Appendix H).
- Avoid joint counseling until **verified safety** and **sustained repentance**.

(D) Strategic Fight:

- Fast from media that rehearses domination/violence.
- Weekly communion; memorize 10 comfort/warfare verses (Appendix A).

(E) After-Action Review (post-trigger):

- Tell someone within 12 hours; journal antecedents; adjust plan; receive grace no self-blame for symptoms.
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8) Family & Church: Help Without Harm

Do:

- Believe survivors; ensure immediate safety; help with practical needs.
- Document patterns; connect to advocates and counselors.
- Practice **Matthew 18 wisely** not exposing survivors to fresh danger.
- Hold abusers accountable; require evidence of repentance over time.

Don't:

- Minimize (“It’s a rough patch”) or press quick reconciliation.
- Use Scripture to coerce silence or return to danger.
- Put the burden of church unity on the harmed party.

Leaders:

- Create policies for reporting and response; train greeters/ushers in safety basics.
 - Maintain vetted referral lists (advocacy, shelters, counselors, attorneys).
 - Include lament and justice in worship and teaching.
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9) Setbacks as Discipleship: Falling Forward, Not Backward

Expect body-memories, panic, or long grief. Watch for:

- **Complacency:** Skipping your Rule of Life.
- **Compromise:** “It wasn’t that bad” (trauma-bond whispers).

- **Concealment:** Pulling away from your circles.

Plan the rescue:

- Written **Emergency Plan**; 24–72 hr reset location; Scripture pack; worship list; advocate on speed-dial.
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10) Hope That Endures: Meaning, Calling, and Mission After Trauma

You're not just "getting past it" you're being **formed**. Over time, many survivors become:

- **Advocates** for the voiceless,
- **Peacemakers** who refuse coercion,
- **Wounded healers** who carry presence, not pressure.

Aim: Not merely symptom relief, but **restored dignity and purpose** in Christ.

11) Appendices & Tools

Appendix A: Scripture Arsenal for Safety, Comfort & Identity

- **Protection:** Psalm 27; 46; 91; Prov. 18:10
- **Comfort & Identity:** Isa. 41:10; 61:1–3; Rom. 8; 2 Cor. 1:3–5
- **Justice & Truth:** Ps. 10; Isa. 1:17; Mic. 6:8; Jn. 8:32
- **Courage:** Josh. 1:9; 2 Tim. 1:7; 1 Jn. 4:18

Appendix B: Covenant of Safety & Dignity (Personal)

“I, [Name], confess Jesus Christ as Lord. I reject the lie that I must endure harm. I renounce fear, shame, and false spiritual control. By the blood of Jesus, I receive protection, wisdom, and courage. I bind myself to safety, truth, and the Five Circles of Support. By grace, I will walk in freedom and dignity. Signed this day, [date].”

Appendix C: 90-Day Healing Sprint Planner (Weekly Grid)

Week Goal | Triggers/High-Risk Contacts | Truth Replacement | Safety Steps | Check-ins | Healthy Reward

Appendix D: Honest Inventory (Guided)

- **Incidents & Patterns:** What happened? How often? Escalations?
- **Tactics Used:** Threats, isolation, finances, spiritual coercion, tech abuse.
- **Danger Assessment:** Weapons, stalking, strangulation, threats to children/pets.
- **Boundaries & Next Steps:** No-contact? Legal? Housing? Church help?

Appendix E: Boundaries Guide (Healthy vs. Coercive)

- **Healthy:** Clear requests, mutual consent, consequences aligned with safety.
- **Coercive:** Ultimatums to isolate, surveil, shame, or control faith/finances.

Appendix F: Personal Safety Plan (Fill & Print)

- **Code word:** _____
- **Safe contacts (3):** _____

- **Go-bag location:** IDs, keys, cash, meds, charger, copies of orders, essentials.
- **Exit routes & rendezvous point:** _____
- **Tech steps:** New email/voicemail; location settings off; new passwords.
- **What I'll do for 24 hours after leaving:** Sleep, water, food, Scripture, advocate, secure lodging.

Appendix G: Body Stewardship Starter

- **Sleep:** Consistent window; dark/cool room; reduce news at night.
- **Food:** Protein + fiber; hydrate early.
- **Movement:** Walk daily; light strength 2–3x/week.
- **Regulation:** Breath sets 3–5x/day; brief outdoor light.

Appendix H: Tech Guardrails & Digital Safety

- **Device check:** Remove trackers; review shared plans & smart-home access.
- **Accounts:** Change passwords; enable 2-factor; separate finances.
- **Social:** Lock privacy; avoid posting location; safety alias if needed.

Appendix I: Week-at-a-Glance (Sample)

- **Mon–Fri:** Work/School 9–5; Prayer 7am (Ps. 91); Examen 9:30pm; Group Tue/Thu
 - **Sat:** Laundry/errands; recreation with safe friends
 - **Sun:** Worship; rest; meal; plan the week; gratitude & testimony
-

Final Word

Abuse is not the end of your story. The cross exposes lies, the resurrection opens doors, and the Spirit walks you into safety, dignity, and freedom. Your voice matters. Your life is sacred. In Christ, **the cycle breaks.**

“The Lord is a refuge for the oppressed, a stronghold in times of trouble.” **Psalm 9:9**

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

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To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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