We live in an age in which pain has, almost without us realizing it, become a calling card. The wounds of the past—rejections, betrayals, failures, sins—are no longer just remembered: they are displayed, repeated, turned into identity. But from the perspective of traditional Catholic faith, there is a revolutionary truth that breaks this logic: **your wound does not define who you are**.

And even more: **God does not call you by your trauma, but by your redemption**.

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1. The great deception of our time: identifying yourself with your wound

Today we are taught—explicitly or implicitly—that we must "embrace our pain" to the point of building our identity upon it. Thus arise phrases like:

- "I am a broken person"
- "I am this way because of what they did to me"
- "My past defines me"

But this vision, though seemingly therapeutic, hides a deep spiritual trap: **it binds you to what Christ came to free you from**.

From a theological perspective, this is problematic because it contradicts the very essence of the Gospel. Christianity is not the religion of trauma… **it is the religion of redemption**.

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2. The truth that changes everything: you are a new creation

The apostle Saint Paul expresses it with striking clarity:

> *"If anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come."*

> *(Second Letter to the Corinthians 5:17)*

This statement is not poetic. It is ontological. It is real.

When a person enters into communion with Christ—especially through Baptism and grace—something radical happens:

- You are not an improved version of your old self
- You are not a "traumatized person in progress"
- **You are a new creation**

This means that your deepest identity is no longer in what you suffered, but in what Christ has done in you.

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3. Christ did not come to validate your wound… He came to heal it

It must be said clearly: **God does not deny your pain**, but neither does He want you to live enslaved by it.

Jesus Christ does not approach the wounded man to say: "Define your life by this."
He comes near to say: "Rise."

- To the paralytic: "Rise and walk"
- To the blind: "Receive your sight"
- To the sinner: "Go, and sin no more"

Christ never absolutizes the wound. **He passes through it, redeems it, and transforms it**.

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4. The spiritual danger of speaking more about the wound than about the healing

There is a real—and very current—risk: **remaining stuck in the narrative of pain**.

When a person constantly speaks about what was done to them, what they suffered, what they lost… but hardly speaks about grace, forgiveness, or healing, something happens within:

- The identity of victim is reinforced
- Hope is weakened
- The action of grace is blocked

This is not about denying the past. It is about **not living anchored in it**.

From a pastoral perspective, this is key:
remembering is not the same as constantly reliving.

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5. The Christian view of the past: redeemed, not erased

Christianity does not propose emotional or spiritual amnesia. God does not magically erase your story. He does something far greater:

 He redeems it

This means that:

- Your past does not disappear
- But it loses its power to define you
- And it becomes an instrument of grace

As spiritual tradition says:
“God writes straight with crooked lines.”

Even your wounds—when properly entrusted to God—can become:

- A source of humility
- A path to sanctification
- A doorway to help others

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6. You are not your past: you are a child of God

Here lies the core of everything: **your identity is not in your story, but in your divine filiation**.

If you reduce your identity to what happened to you, you are looking at yourself from below. But if you look at yourself from God, you discover something infinitely greater:

- You are not “the abandoned one” → you are loved
- You are not “the failure” → you are redeemed
- You are not “the sinner without a way out” → you are called to holiness

Catholic theology is clear:
grace not only forgives, it elevates.

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7. Practical keys to stop living from the wound

This path is not automatic. It requires decision, grace, and spiritual struggle. Here is a concrete guide:

1. Order your language

What you say shapes your identity.

 “I am this way because of what happened to me”
 “That happened to me, but it does not define who I am”

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2. Proclaim God’s work more than your pain

Speak about how God is healing you, not only about what you suffered.

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3. Turn to the sacraments

Especially:

- Confession → breaks the chains of the past
- Eucharist → strengthens your new identity

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4. Practice forgiveness (even when it is hard)

Resentment binds you to the past. Forgiveness sets you free.

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5. Stop dwelling on the wound

Not every memory is healthy. Some need to be surrendered, not fed.

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6. Seek spiritual direction

A good guide will help you not to confuse healing with victimhood.

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8. A necessary warning: healing is not denying pain

This is not about spiritualizing everything or denying suffering. Pain is real. Wounds exist.

But there is a radical difference between:

- **Recognizing a wound**
  and
- **turning it into your identity**

The first is necessary.
The second is destructive.

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9. True freedom: living from Christ, not from your past

The world will tell you: “Express yourself from your wound.”
Christ tells you: **“Live from your redemption.”**

And this changes everything.

Because in the end, the question is not:

 “What happened to you?”
but
 “Who are you in Christ?”

Conclusion: stop looking back to start truly living

You are not your trauma.
You are not your sin.
You are not your broken story.

You are a new creation in Christ.

And the sooner you stop speaking more about your wound than about your healing, the sooner you will begin to experience the true freedom of the children of God.

Because Christianity is not the story of what was done to you…
it is the story of what God is doing with you.