

Name \_\_\_\_\_

# THE FRAGMENTED SOUL

Broken-heartedness, Dissociative Identity,  
and what the Scriptures say

A step-by-step guide for identification,  
acceptance, overcoming, healing, and  
recovery

## WORKBOOK

Pastor Dr Bob Strachan Ph.D, Th.D

## Lesson 1 – What is the Fragmented Soul? Part 1

Write out Isaiah 61:1

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Our soul consists of the mind, the will, and the emotions. Study the Psalms to find 3 verses that mention each part. Write that section of the verse below

The Mind (Thinking)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The Will (Desires, longing)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The Emotions (Feelings)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What does the word “Broken hearted” mean?

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What are the most common causes of a broken heart?

S \_\_\_\_\_  
T \_\_\_\_\_  
A \_\_\_\_\_  
G \_\_\_\_\_

Write in your PERSONAL journal about possible symptoms that YOU may have. Be specific. Learn to listen to yourself and write those things down. You will be able to come back to these and see the changes as healing takes place.

REMEMBER: This is a HEALING journey, not a DELIVERANCE journey. There may be some demonic encounters along the way, but that is not our focus. Focus on healing and the LORD will take care of the rest.

Extra notes:

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