

DEATH MARCH ZINE

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**ABUSE IS NEVER
OKAY!**

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Why So Many People Are Anxious Right Now & Why It's Not A Personal Failure



written by Elva Chase, BCCC



Anxiety is no longer a private struggle; it has become a shared human experience. Counselors across the country are reporting unprecedented increases in anxiety symptoms among adults who once considered themselves emotionally strong, spiritually grounded, and resilient. Many are asking quietly, Why does everything feel harder now?

The answer is not a lack of faith or emotional weakness. Much of today's anxiety is the result of cumulative stress. Prolonged uncertainty, financial pressure, relational strain, global conflict, digital overload, and unresolved trauma place the nervous system in a constant state of alert. The body was never designed to remain in survival mode indefinitely.

One of the most misunderstood aspects of anxiety is that it does not always look like panic. For many, it appears as exhaustion, irritability, difficulty concentrating, emotional numbness, restlessness, or the inability to rest even when life seems stable. These symptoms are not failures of discipline or spirituality. They are signals that the body has been under strain for too long.

"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST."
— MATTHEW 11:28

Counselors are also seeing a rise in high-functioning anxiety—individuals who continue to serve others, care for families, and meet responsibilities while feeling internally overwhelmed. Because they are still productive, their distress is often minimized or overlooked, even by themselves.

Healing anxiety does not begin with forcing calm or ignoring emotional signals. It begins with compassion, understanding the nervous system, and restoring a sense of safety. Slowing down, reducing stimulation, honoring limits, and practicing grounding are not signs of weakness—they are acts of wisdom.

Anxiety does not mean something is wrong with you. Often, it means something has been too much for too long.

"FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER, LOVE, AND A SOUND MIND."
— 2 TIMOTHY 1:7

God's invitation to rest acknowledges human limitation. Faith does not eliminate the nervous system—it provides refuge while healing occurs.

- *Chronic stress activates the sympathetic nervous system, leading to anxiety-related symptoms even in emotionally resilient individuals.*
- *High-functioning anxiety is increasingly recognized in clinical counseling settings.*
- *Trauma-informed care emphasizes nervous system regulation, not emotional suppression.*



The Shocking Truth About Modern Dating & Narcissism

by Elva Chase, BCCC



Mental health professionals are increasingly concerned about a growing trend in modern dating: narcissistic traits are becoming normalized and, in some cases, rewarded. While not everyone who displays narcissistic behaviors has Narcissistic Personality Disorder, counselors report rising patterns of entitlement, lack of empathy, emotional manipulation, and avoidance of accountability.

Dating apps and social media environments often prioritize image, validation, and control over emotional depth and mutual responsibility. Many individuals describe being intensely pursued early in relationships—commonly referred to as love-bombing—only to later experience emotional withdrawal, criticism, or gaslighting.

- *Narcissistic traits exist on a spectrum and are increasingly observed in dating culture.*
- *Gaslighting is associated with increased anxiety, depression, and diminished self-trust.*
- *Healthy relationships are characterized by empathy, accountability, and consistency.*



One of the most damaging aspects of narcissistic abuse is self-doubt. Survivors are frequently told they are "too sensitive" or "overreacting," leading them to question their own perceptions. Over time, this erosion of self-trust can result in anxiety, depression, and identity confusion.

Another widespread misconception is that forgiveness requires ongoing access. Counselors increasingly emphasize that forgiveness and reconciliation are not the same. Reconciliation requires safety, accountability, and sustained change—conditions often absent in narcissistic dynamics.

Awareness is not bitterness; it is protection. Understanding narcissistic patterns allows individuals to recognize red flags early and choose relationships rooted in humility, respect, and mutual care.

"BY THEIR FRUIT YOU WILL RECOGNIZE THEM."
— MATTHEW 7:16

"LOVE IS PATIENT, LOVE IS KIND... IT DOES NOT DISHONOR OTHERS, IT IS NOT SELF-SEEKING."
— 1 CORINTHIANS 13:4–5

Love reveals itself through character, not intensity.



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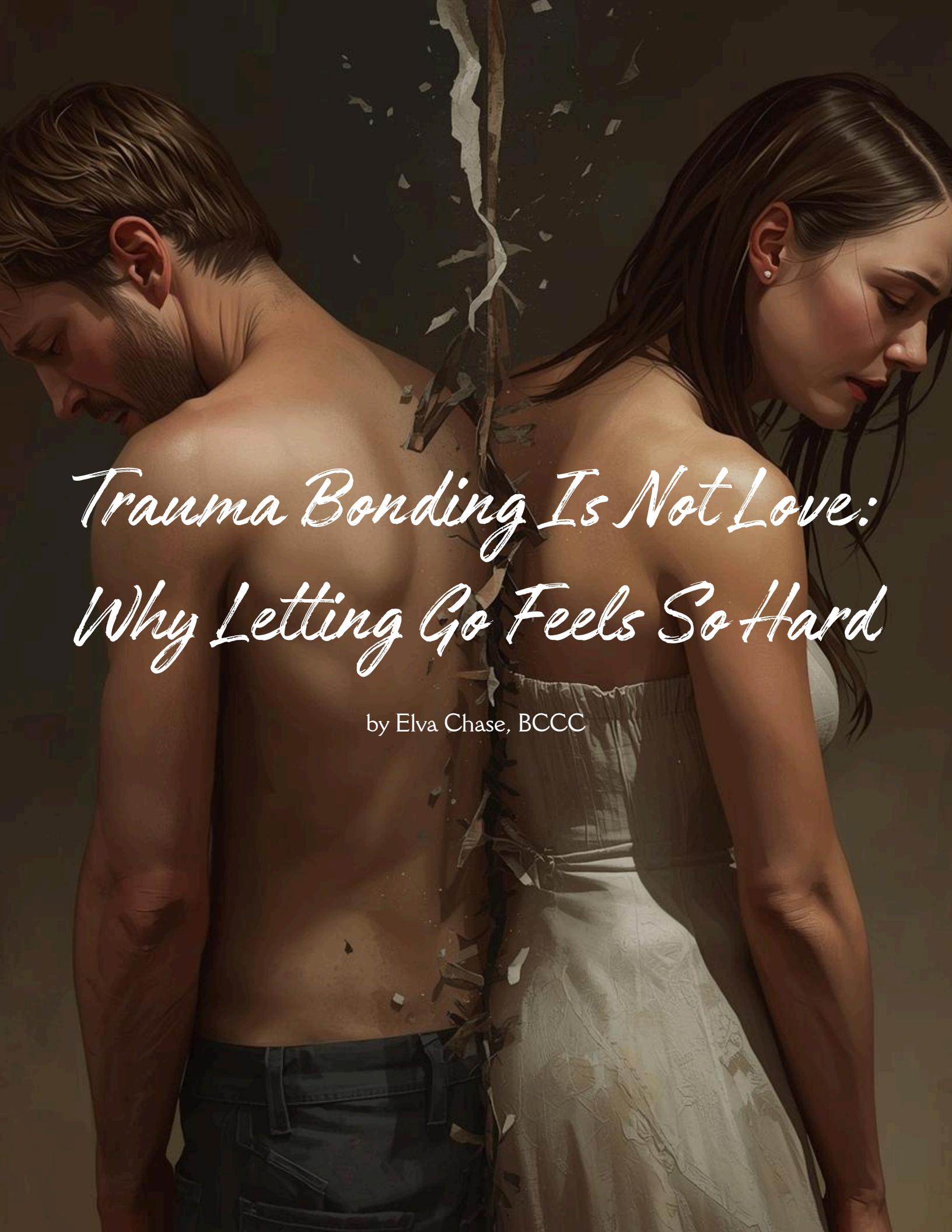


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A painting of a man and a woman in an intimate embrace. The man, on the left, has short brown hair and is shirtless, wearing dark jeans. The woman, on the right, has long dark hair and is wearing a light-colored, patterned dress. They are positioned in front of a dark, textured background that features a large, jagged vertical crack running down the center. The lighting is soft, highlighting the contours of their bodies and the texture of the background.

Trauma Bonding Is Not Love: Why Letting Go Feels So Hard

by Elva Chase, BCCC



One of the most common questions counselors hear is: If the relationship is harmful, why can't I walk away? The answer is often misunderstood and deeply human. It is called trauma bonding.

Trauma bonding occurs when emotional pain is paired with intermittent moments of connection, affection, or remorse. These cycles create a powerful attachment reinforced by hope, fear, and confusion. Over time, the nervous system becomes conditioned to associate emotional intensity with love—even when safety is absent.

This is why trauma bonds often feel stronger than healthy attachment. The relationship may be filled with highs and lows, apologies and withdrawal, closeness and rejection. The inconsistency strengthens the bond, not because it is healthy, but because the body is seeking relief from distress.

"FOR GOD IS NOT A GOD OF CONFUSION BUT OF PEACE."
— 1 CORINTHIANS 14:33

God's peace does not coexist with chronic emotional chaos. Protection is not selfish—it is wise.

Many individuals feel shame for staying. They are told they are weak, codependent, or lacking boundaries. In reality, trauma bonding is not a moral failure—it is a physiological and emotional response to instability. Breaking a trauma bond requires more than logic. Education, emotional support, boundary-setting, and nervous system regulation are essential. Healing also involves grieving—not just the relationship, but the hope of who the person could have been. True love does not require endurance of harm. Healthy attachment is calm, consistent, and safe. Peace may feel unfamiliar at first, but unfamiliar does not mean wrong.

- *Trauma bonding is reinforced through intermittent reinforcement, a well-documented psychological process.*
- *The nervous system can mistake emotional intensity for connection.*
- *Healing requires safety, consistency, and regulated attachment experiences.*



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Tony Warrick
@iamtonywarrick
www.TonyWarrick.com

INSPIRATIONAL
corner

I have three words for you:
Faith moves mountains!

“

Take a deep breath and
try all over again.

That obstacle may look
big, that giant may look
impossible, but God can do
the impossible. Now, stay
encouraged. You can
defeat your giants.

Nothing that has happened
to you is a surprise to God.
He is ordering your steps. If
the door closed, it was
supposed to close. If the
person walked away, they
were supposed to walk
away. Do not get bitter;
keep traveling steadily.

*It is not enough to hope
something will happen; just
believe a dream will come to
pass, just think positively,
and that situation will turn
around. You have to take the
next step and call it in.
Words give life to our faith.*



No matter what your need is, trust that God will provide. He is your source, your sustainer, and He will never fail you.

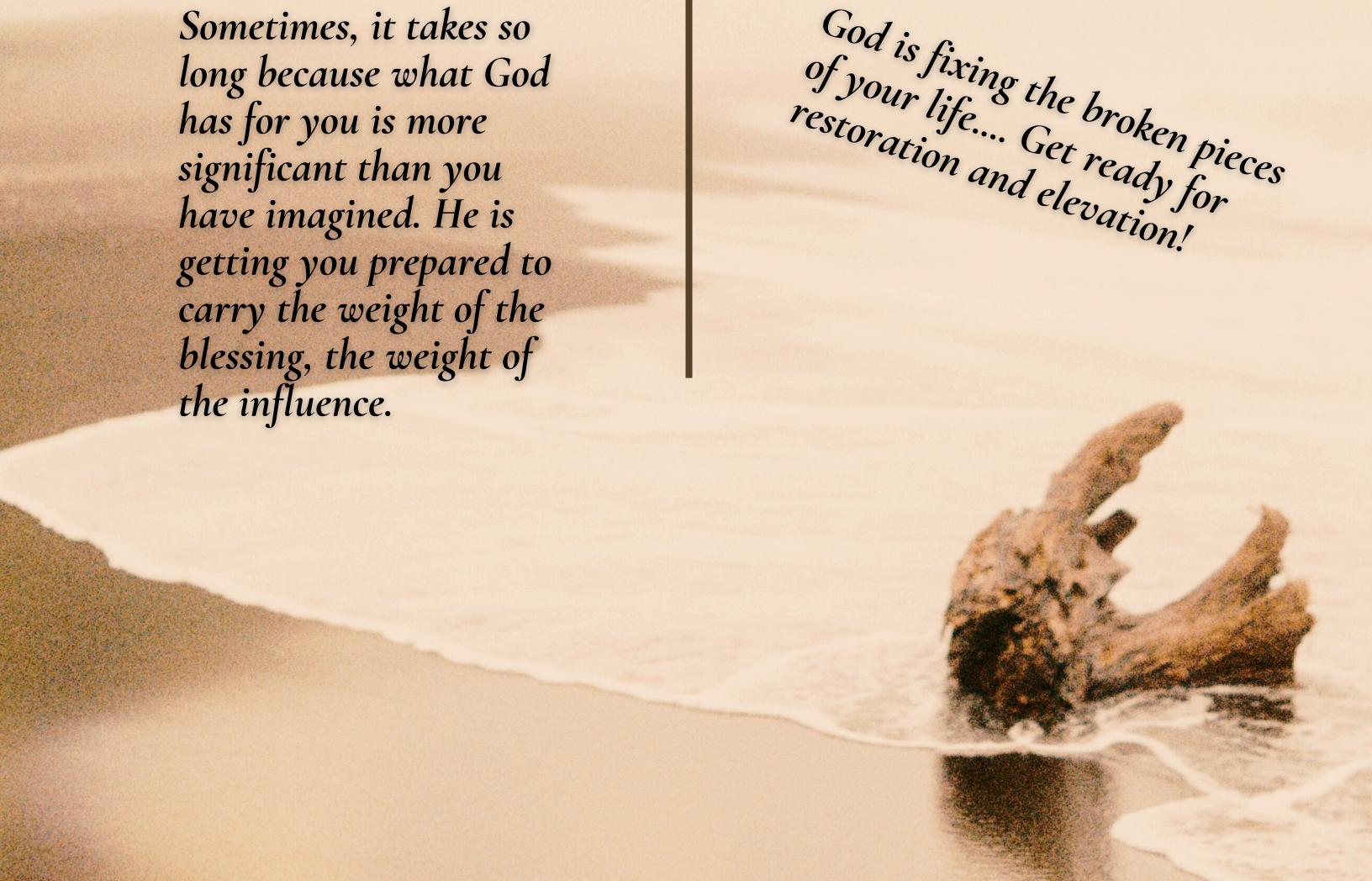
If you do not do it for yourself, do it for those who went before you. They handed you the baton. All of their sacrifices have put us much further down the road. The way to honor their legacy is to go further, to dream big.

“

Release Your Faith!

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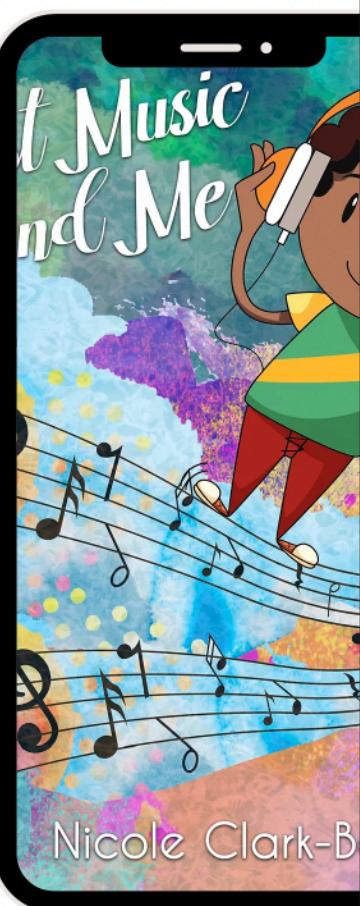
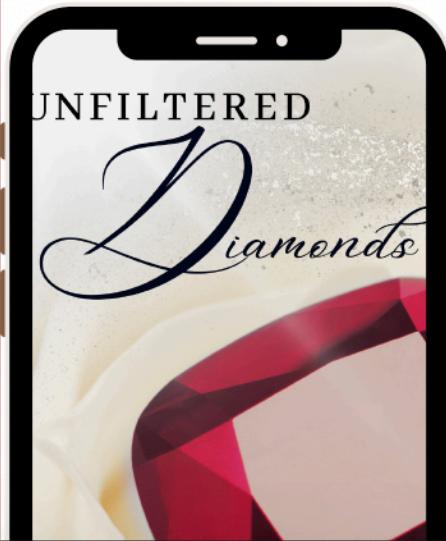
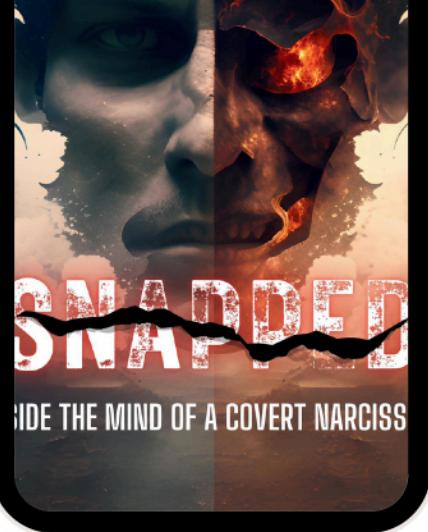
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