

The Core Wound of Betrayal

A Guided Heart Check for Healing What Still Hurts

A companion resource from the Core Wounds Guided Series at SeanBrannan.com

*“Do not fear [anything], for I am with you;
Do not be afraid, for I am your God.
I will strengthen you, be assured I will help you;
I will certainly take hold of you with My righteous right hand
[a hand of justice, of power, of victory, of salvation].”
— ISAIAH 41:10 (AMP)*

Heart Check — Betrayal Wound

The betrayal wound runs deeper than most because it attacks the very foundation of trust—often by the people we least expected to hurt us. It rewrites the way we see others, the way we protect ourselves, and the way we relate to God. This Heart Check is designed to help you slow down, reflect honestly, and begin replacing self-protection with Spirit-led healing. You don't have to keep carrying the weight alone. This is where you start reclaiming your peace—and your voice.

Key Takeaway:

Betrayal doesn't just damage our trust in people—it distorts our trust in ourselves and in God. Healing begins when we stop blaming ourselves for someone else's sin and start rebuilding our foundation on truth. You are not foolish for trusting—you were wounded by someone who broke it. But God is faithful, and He's ready to walk you out of survival mode and into wholeness.

Reflective Quote:

"Healing from betrayal starts when you stop guarding your heart from God—and start letting Him guard it for you."
— SEAN BRANNAN

Meditation / Affirmation:

*"I am no longer defined by the betrayal that broke me."
"I am defined by the God who heals me."
"I release the need to protect myself through fear."
"I am safe in His presence, led by His truth, and held by His love."
"I can trust again—because I trust Him first."

"I choose healing over hiding."
"I release survival strategies that no longer serve me."
"God's armor is enough to protect me— I don't need to shut down to stay safe."*

Take Action: Choose Healing on Purpose

Healing is not just something that happens over time—it's something you choose to pursue on purpose. If the betrayal wound has shaped how you trust, protect, or disconnect, this is your invitation to take one step forward. Here's how to take one step forward:

1. Do the Heart Check

Set aside 20–30 minutes this week to complete this guide without distractions. Be honest. Let the Holy Spirit bring to light what you've tried to keep buried. Clarity is the first step toward healing.

2. Name One Pattern You Want to Change

Choose one survival behavior rooted in betrayal (hyper-independence, testing trust, emotional withholding, etc.). Write it down. Ask God to begin loosening its grip.

3. Speak the Affirmation Daily

Use the provided affirmation for the next 7 days. Speak it aloud when fear creeps in or when you find yourself slipping into old patterns. Your words shape your mindset—truth heals from the inside out.

4. Share with One Safe Person

You don't need to unpack everything all at once. But invite one trusted person into your healing journey. When someone sees you and still stays—that's how trust begins to rebuild.

5. Stay With the Process

This wound didn't form overnight, and it won't heal overnight. Bookmark the full Core Wounds Series and commit to walking through each one. With God, nothing is wasted—and nothing is impossible to heal.

Breathwork — Regulate Before Journaling

Before you try to name the pain or make sense of what still hurts—pause.

The betrayal wound often triggers a flood of protective instincts: defensiveness, numbness, overthinking, or even dissociation. Breathwork helps calm your nervous system so your body can stop bracing—and start releasing. When the body feels safe, the heart can speak more clearly.

Try this grounding breath cycle: 5-4-3-2-1 Grounding + Box Breathing Hybrid

1. Look around and name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

2. Move into Box Breathing (4-4-4-4):

- Inhale through your nose for 4 seconds
- Hold for 4 seconds
- Exhale slowly through your mouth for 4 seconds
- Hold for 4 seconds
- Repeat 3–4 rounds

As you breathe, gently affirm:

“I am safe. I am held. I can face this truth without fear.”

This isn't about forcing yourself to be okay—it's about creating space to feel what's real, and inviting God to meet you there. Once you feel more grounded, move into the journal prompts.

What Betraya Taught Me

What did betrayal teach me to believe about myself—and how have those beliefs shaped my identity or decisions?

Look for phrases you repeat to yourself like, "I'm not worth fighting for," or "I always get left." Name them, then invite God to speak His truth into those lies.

When I think about the betrayal, what emotions come up first—and what do those emotions tell me about the story I'm still carrying?

Don't just write about the event—write about the meaning your heart assigned to it. That's where the healing begins.

The Armor I Learned to Wear

What forms of emotional armor did I pick up after the betrayal?

(Sarcasm, silence, overthinking, perfectionism, people-pleasing, etc.) Write honestly about how they helped protect you—and how they're now holding you back.

What would it feel like to take off that armor—even just a little?

Describe a moment where you could have let someone in, but didn't. What did you fear? What might happen if you chose trust next time?

Truth Over the Lie

What lie did the betrayal convince me to believe—and what is the truth God is inviting me to receive instead?

(Example: “I’m disposable” ↔ “I am chosen and deeply loved by God.”) Write them side by side. Truth disarms the lie when it’s spoken and written.

If I fully believed God was for me and never left me, how would that change the way I see this betrayal?

Let this reframe your perspective. Healing isn’t about forgetting what happened—it’s about reinterpreting it through the lens of grace and truth.

Truth Over the Lie – Anchor Statement

Write a short truth you want to root into this week. Let it replace the old narrative betrayal tried to write. This is where you realign your identity with what God says—not what the wound says.

“I am not _____.”
“I am _____”
because God says _____.”

(Example: “I am not disposable. I am deeply chosen and protected, because God says He will never leave or forsake me.”)

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Today I Choose Healing

- ☐ To name the betrayal without blaming myself
- ☐ To stop confusing survival with strength
- ☐ To challenge the lie that trust always leads to pain
- ☐ To release the need to control every outcome
- ☐ To let God rebuild what someone else broke
- ☐ To believe I can be fully seen and still fully safe
- ☐ To stop guarding my heart from God—and start letting Him guard it for me

Final space for personal reflection:

One thing I want to do differently today:

Thank you for downloading this Heart Check PDF. I pray it gave you more than insight—I pray it gave you a glimpse of the strength, value, and identity God placed in you from the beginning.

Healing isn't easy—but you're not alone.

You were never meant to carry betrayal as your identity.

You were created to walk in truth—with grace, with courage, and with God.

May the Lord bless you, guide you, and continue shaping you into the whole, secure, and fully loved version of yourself He always intended.

You are not forgotten.

You are chosen.

And you are already loved.

Sean Brannan