

# Forever Home



moving beyond brokenness  
to build a strong and beautiful life

Anh Lin

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN BOOKS

*Forever Home*

Copyright © 2023 by Anh Lin

Requests for information should be addressed to:

Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

Zondervan titles may be purchased in bulk for educational, business, fundraising, or sales promotional use. For information, please email [SpecialMarkets@Zondervan.com](mailto:SpecialMarkets@Zondervan.com).

ISBN 978-0-310-36638-6 (audio)

---

Library of Congress Cataloging-in-Publication Data

Names: Lin, Anh, 1992- author.

Title: Forever home : moving beyond brokenness to build a strong and beautiful life / Anh Lin.

Description: Grand Rapids : Zondervan, 2023.

Identifiers: LCCN 2023015016 (print) | LCCN 2023015017 (ebook) | ISBN 9780310366362 (hardcover) | ISBN 9780310366379 (ebook)

Subjects: LCSH: Lin, Anh, 1992- | Suffering—Religious aspects—Christianity. | Psychic trauma—Religious aspects—Christianity | BISAC: RELIGION / Christian Living / Personal Growth | RELIGION / Christian Living / Inspirational

Classification: LCC BV4909 .L55 2023 (print) | LCC BV4909 (ebook) | DDC 248.8/6—dc23 /eng/20230526

LC record available at <https://lcn.loc.gov/2023015016>

LC ebook record available at <https://lcn.loc.gov/2023015017>

---

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New Living Translation. © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked ESV are taken from the ESV® Bible (The Holy Bible, English Standard Version®). Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked MSG are taken from *THE MESSAGE*. Copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

Scripture quotations marked NET are from the NET Bible® copyright ©1996–2017 by Biblical Studies Press, L.L.C. <http://netbible.com>. All rights reserved.

Scripture quotations marked NIV are taken from The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. [www.Zondervan.com](http://www.Zondervan.com). The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Any internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

The information in this book has been carefully researched by the author and is intended to be a source of information only. Readers are urged to consult with their physicians or other professional advisors to address specific medical or other issues. The author and the publisher assume no responsibility for any injuries suffered or damages or losses incurred during or as a result of the use or application of the information contained herein.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Names and identifying characteristics of individuals have been changed to preserve their privacy.

*Cover design: Curt Diepenhorst*

*Cover illustration: mariamsol\_ms / Shutterstock*

*Interior photos: © Anh Lin*

*Interior design: Denise Froehlich*

*Printed in the United States of America*

\$PrintCode

# *Chapter 2*

## **You Are Loved**

## ANXIOUS



- Having difficulty trusting others
- Possessing a low self-worth
- Fearing abandonment
- Continually longing for intimacy
- Being overly dependent in relationships
- Having a constant need for reassurance
- Being highly sensitive to a partner's behavior and mood
- Being impulsive and unpredictable
- Being easily emotional

## AVOIDANT



- Having trouble expressing or recognizing emotions
- Disliking physical affection and intimacy
- Feeling easily suffocated by a partner's needs
- Rejecting emotional support from others
- Fearing emotional intimacy, yet still desiring it
- Valuing personal independence more than closeness with others
- Being emotionally detached during times of stress
- Exhibiting a stoic demeanor in intense emotional situations
- Preferring to handle things alone rather than relying on a partner

## DISORGANIZED



- Having a mixture of anxious and avoidant attachment styles
- Having chaotic, unpredictable, or intense relationship patterns and behaviors
- Fearing rejection and having difficulty in trusting others, leading to isolation
- Craving intimacy while also pushing others away
- Possessing a negative self-image and low self-worth
- Feeling shameful and unworthy of love
- Aggression or fear toward caregivers and partners
- Possessing a deep-seated sense of inadequacy and worthlessness

## SECURE



- Being confident
- Being empathetic
- Possessing strong self-validation and self-awareness
- Being balanced in giving and receiving in relationships
- Being responsive, but typically nonreactive
- Being able to navigate conflicts in a healthy manner
- Enjoying healthy social connections
- Being able to trust and feeling trusted in relationships
- Being open to vulnerability and intimacy
- Respecting personal needs and boundaries while maintaining healthy relationships



## Just for You

Take a deep breath and allow yourself to process all that you've learned. These reflection questions will guide you on your faith journey and help you do a deep dive into your thoughts and emotions. You can use them as journaling prompts or as discussion questions with your small group. Remember, you're not alone on this journey, and there's no need to rush. Take your time, and allow God to reveal his wisdom at every turn.

1. Out of the four attachment styles, which one do you identify with the most?
2. How does it make you feel to know you can change your attachment style?
3. Out of the three main ways to earn security (believing in your worth, belonging in your tribe, and becoming who you are meant to be), which step do you want to take in this season?



## Let's Pray Together

Dear heavenly Father, I ask for your comfort and guidance today. Please remind me of all the ways you love me so deeply, so I can live from a place of true security. I want to know what it's like to have your love as the solid foundation of my life. Please continue to walk with me as I unearth the pains of my past, and show me how to live in true freedom and abundance. In Jesus' name. Amen.

# *Chapter 3*

## **Believing You Are Worthy**

## Your True Worth

List three things society says about your worth in the left column and respond with what God says you are in the right column.

Here's a sample:

Society says: my worth is determined by my wealth.

God says: I am infinitely worthy.

<b>Societal Expectations</b>	<b>Your God-Given Identity</b>
<b>1.</b> ..... ..... .....	<b>1.</b> ..... ..... .....
<b>2.</b> ..... ..... .....	<b>2.</b> ..... ..... .....
<b>3.</b> ..... ..... .....	<b>3.</b> ..... ..... .....

### Biblical Affirmations

- You are already loved beyond measure. (John 3:16)
- Nothing can make God love you less. (Romans 8:38–39)
- You are a child of God. (1 John 3:1)
- To God, you are worth Jesus' sacrifice. (Romans 5:8)
- You are fearfully and wonderfully made. (Psalm 139:14)
- God delights in you. (Psalm 18:19)
- You are inherently worthy despite your shortcomings. (Romans 5:8)
- You are made in the image of God. (Genesis 1:26)





## Just for You

As you take in all that you've learned, remember to breathe and give yourself space to process. These reflection questions are designed to help you navigate your healing journey with greater clarity and insight. Whether you choose to explore them through journaling or in conversation with your small group, know that you are supported and accompanied by God's loving presence every step of the way.

1. How do you typically measure your self-worth?
2. What is the history behind this standard of measurement?
3. What one thing can you do this week to remind yourself of your infinite worth in Christ?



## Let's Pray Together

Dear heavenly Father, I come to you today with a heart full of gratitude for your presence in my life. Please help me see myself the way you see me—as a precious and valuable child of God. I know that my worth is based not on my accomplishments, appearance, or the opinions of others, but on the fact that I am fearfully and wonderfully made in your image. Please guide me to fully embrace this truth and live a life that reflects your love and acceptance. Thank you for the infinite worth you have given me through Christ. In Jesus' name I pray. Amen.

# Chapter 4

## Belonging in Your Tribe



## Just for You

Take a moment to pause and reflect on all you've learned. Don't rush through this moment of reflection. Take a deep breath and allow yourself the time and space to process. When you're ready, take some time to reflect on the prompts below.

1. Can you describe a time when someone affirmed your worth? How did it make you feel? Use the 100 Emotions Word Bank in the back of this book to help you identify your feelings.
2. Name one person who makes you feel safe and understood. If you don't have access to a healthy community, feel free to reach out to the contacts listed in the back of this book.
3. Which of the five approaches to gaining posttraumatic growth resonates with you most, and why?



## Let's Pray Together

Dear heavenly Father, thank you for walking alongside me as I find my tribe. Please help me connect with people who will love me and show up for me. Help me to be brave and open-minded in my search and to trust that you will guide me to the people who will be my allies in this journey of healing. May all of my relationships shape me to look more like your Son, Jesus. In his name I pray. Amen.

# *Chapter 5*

## **Becoming Who You Were Meant to Be**



## Just for You

Take a deep breath and allow yourself to fully absorb all you've learned. When you're ready, take a few moments to reflect on the prompts below.

1. Do you feel like you have a firm grasp on your spiritual, physical, and vocational purposes?
2. Which layer of purpose do you struggle with the most, and why?
3. Name one thing you can do in this season to strengthen your sense of purpose.



## Let's Pray Together

Dear heavenly Father, thank you for your daily guidance and provision in my life. I may not be where I want to be, but I trust that I'm exactly where I need to be right now. Thank you for walking alongside me. I pray that you will give me clearer vision for my next steps. Although I don't know all the answers, one thing I'm certain of is that I want to live a life that brings you great glory. Thank you for allowing me to participate in your mighty plans. Please continue to guide me in how to live a life worthy of the calling I have received. In Jesus' name. Amen.

# Chapter 6

## Strengthening Your Boundaries



## Just for You

Friend, now is the time to pause and reflect on all you have learned. When you are ready, consider the questions below.

1. In which areas have you established the strongest boundaries?
2. Have you thought about limiting someone's involvement in your life?
3. How can you practice establishing healthy boundaries this week?



## Let's Pray Together

Dear heavenly Father, thank you for modeling what it looks like to communicate clear boundaries in an honest and loving way. Thank you for providing me with structure and clarity on how to live a life that is pleasing to you. I pray that you will strengthen my resolve when it comes to communicating healthy boundaries with the people in my life. Like Jesus, I want to love people wholeheartedly while still preserving the integrity of who I am. Please give me the courage and comfort to do that. In Jesus' name. Amen.

# Chapter 7

## Shielded by Grace





## Just for You

Take a deep breath as you slowly absorb everything you have learned. Allow yourself the time and space to process it all. Once you're ready, reflect on the prompts below.

1. Which part of the “armor of God” section resonated with you the most (Ephesians 6:10–18)?
2. Reflect on a time when you saw God’s redirection as a means of his protection.
3. Describe a time when you saw God bring redemption to a situation that seemed beyond repair.



## Let's Pray Together

Dear heavenly Father, thank you for equipping me with your spiritual armor and shielding me with your grace. Please help me trust in your promises of redemption and restoration, even when I can't see the way forward. Give me a sense of peace and security in the knowledge that you are always with me, even in my darkest moments. Help me cling to the hope of Jesus and to remember that you will work in all things for my good and for your glory. Thank you for your unwavering love and for always being my place of refuge. In Jesus' name. Amen.

# *Chapter 8*

## The Power of Perspective



## Just for You

Friend, allow yourself to pause and take a deep breath as you reflect on everything you have learned. Give yourself the permission to process it at your own pace. Then when you're ready, consider the prompts below.

1. What negative thought pattern have you had trouble reframing?
2. Which of the six tips for shifting your thought patterns resonates with you the most?
3. How do you plan to practice reframing in this season of your life?



## Let's Pray Together

Dear heavenly Father, I know that sometimes my own thoughts can lead me astray and cause me to doubt your goodness and faithfulness. Please help me to recognize when this is happening and then turn to you for guidance and comfort. Please give me the strength and courage to speak truth over my life, even when it's difficult. I trust that you will transform my way of thinking and renew my mind. Thank you for your unconditional love and for your constant presence in my life. In Jesus' name. Amen.

# *Chapter 9*

## Strategies for Endurance



## Just for You

Now is the time to take a moment and slowly digest everything you've learned. When you're ready, explore the questions below.

1. Which part of this chapter resonated with you the most, and why?
2. Are you more inclined toward passion or perseverance?
3. Which of the three strategies for endurance will you put into practice this week?



## Let's Pray Together

Dear heavenly Father, thank you for being my source of strength when I'm at my weakest. I'm grateful that I get to lean on you when I'm exhausted or beaten down by life. Please help me to develop resilience and perseverance when facing the obstacles that come my way. I pray that you will surround me with like-minded people who love you—people who will spur me on to live a fulfilling life that is pleasing to you. I ask for a legacy that declares your power and goodness in my life. Though the storms will come, I want to learn how to weather them with you. In Jesus' name. Amen.

# *Chapter 10*

## Embracing Full Ownership



## Just for You

Friend, feel free to take a deep breath and reflect on all the knowledge you've gained. When you're ready, consider the prompts below.

1. What ongoing thought or emotion are you having a hard time owning?
2. Where did that difficult thought or emotion originate?
3. What one step can you take to start owning your life more fully?



## Let's Pray Together

Dear heavenly Father, thank you for allowing me the opportunity to steward my body and my life well. I ask that you give me the courage to take ownership of my body, thoughts, and feelings. As I wrestle to make sense of my difficult emotions, empower me to approach these hurting parts of myself with the same love and compassion you've shown me. Just as you've begun to redeem my painful experiences, I pray that you will also redeem my broken relationship with myself. Thank you for teaching me by example what it means to fully embrace ownership of my life. In Jesus' name. Amen.

# *Chapter 11*

## Cultivating Godly Mindfulness





## Just for You

This is your time to pause and consider all the new information you've just absorbed. When you're ready, feel free to reflect on the prompts below.

1. Let's do a quick body scan. Are you currently in an activated state or a calm state? Describe your physical senses in detail.
2. Do you find it challenging to extend the eight Cs toward yourself at this moment (curiosity, calm, confidence, and so forth)?
3. How does learning about IFS change the way you want to approach your internal family members (if applicable)?



## Let's Pray Together

Dear heavenly Father, thank you for demonstrating your unconditional love for me through Jesus. I pray that you will help me develop a deeper awareness of my body, thoughts, and emotions. I pray for the strength and courage to face my inner struggles with compassion, curiosity, and connection. Guide me toward loving and accepting all parts of myself, especially the wounded and hurting parts. Just as you have shown me mercy and grace, I want to learn how to extend that same grace to my inner children. Thank you for showing me that the pathway to healing can be sweet when you are traveling beside me. In Jesus' name. Amen.

# *Chapter 12*

## Forgiving the Unforgivable



## Just for You

Now is the time to take a moment and process all the knowledge you've gained. When you're ready, explore the reflection prompts below.

1. Did you have any preconceived notions or misconceptions about forgiveness?
2. Have you experienced any hurts or offenses that you find difficult to forgive?
3. How does your faith in Jesus impact your ability to forgive those who have wronged you?



## Let's Pray Together

Dear heavenly Father, thank you for the gift of forgiveness through your Son, Jesus. I pray that you will help me understand the depth of your forgiveness and show me how to extend this same forgiveness to others. Empower me to let go of my resentment and bitterness and to accept that you have already paid the debt for those who have hurt me. Thank you for giving me not only the power to forgive others but also a satisfying reason to forgive them. May I continue to grow in my understanding of the depths of your sacrifice on our behalf. In Jesus' name. Amen.

# Chapter 13

## Learning to Receive



**My Place of Hope:  
The Reading  
Nook and Altar**



## My Place of Peace: The Tea Corner





## My Place of Joy: The Houseplant Garden



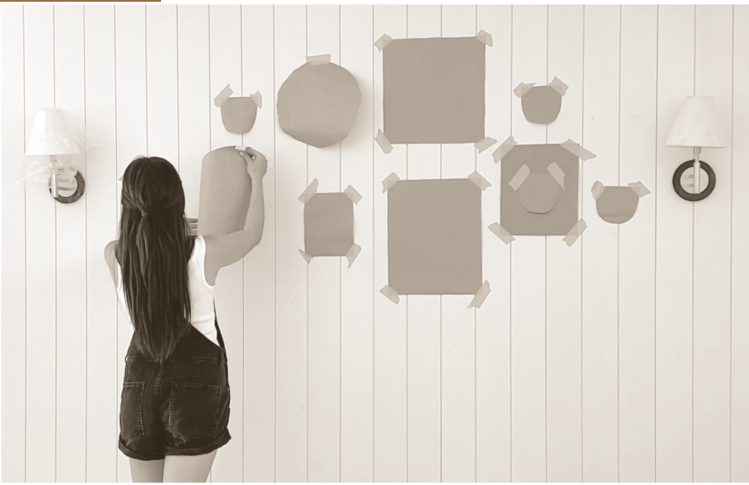
# *Chapter 14*

## **From Chaos to Calm**



## Design Your Wall of Peace





### ***Step 1: Trace the Frames***

Once you've found the total number of frames you want, trace them out on butcher paper (or wrapping paper).

### ***Step 2: Cut and Arrange***

Cut out your frames and arrange them on your wall with painter's tape until it looks right to you.



### *Step 3: Hang the Frames*

Use the cutouts as guidelines for where to nail your frames. You can also use Command hooks for a renter-friendly option.

That's it! Now you can be reminded of the peace you've received from Jesus each time you walk by this gallery wall. I would love to see your creations, so please feel free to tag me on social media (@girlandtheword).

## *Chapter 15*

# The Wisdom of Joy and Suffering

## Design Your Box of Wisdom



# Welcome to the Toolbox

## Book Recommendations

Scan the QR code for my full list of book recommendations that helped me at each stage of my healing. I organized these references according to the chapters of this book. I pray that these texts will provide encouragement and insight as you build your forever home:



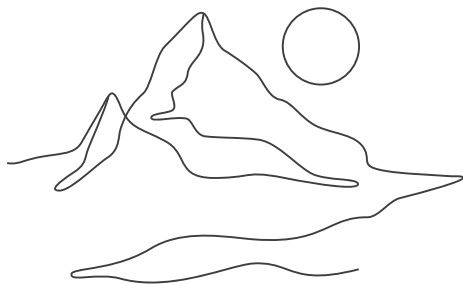
## 100 Emotions Word Bank

Below is a word bank of one hundred emotions to help you identify your complex emotions by category. My husband and I often refer to this word bank when we are too overwhelmed to make sense of our emotions. May it be a valuable asset in your toolbox!

HAPPY	SAD	ANGRY	CONFUSED	FEARFUL
Joyful	Despondent	Enraged	Perplexed	Terrified
Blissful	Disheartened	Furious	Bewildered	Panicked
Elated	Hopeless	Incensed	Baffled	Petrified
Euphoric	Dejected	Outraged	Puzzled	Horried
Radiant	Despairing	Irate	Stumped	Alarmed
Delighted	Neglected	Livid	Mystified	Frightened
Thrilled	Miserable	Fuming	Discombobulated	Anxious
Ecstatic	Wretched	Seething	Dazed	Nervous
Grateful	Lonesome	Infuriated	Flustered	Uneasy
Jubilant	Sorrowful	Aggravated	Troubled	Dreadful
Overjoyed	Downcast	Wrathful	Unsettled	Scared
Enchanted	Gloomy	Resentful	Frustrated	Tense
Content	Sad	Vexed	Confused	Apprehensive
Cheerful	Melancholic	Annoyed	Mixed-up	Jittery
Amazed	Blue	Displeased	Unsure	Paralyzed
Excited	Joyless	Bitter	Uncertain	Shaken
Pleased	Unhappy	Hostile	Doubtful	Timid
Glad	Low-spirited	Indignant	Ambivalent	Hesitant
Exultant	Heartbroken	Out of control	Indecisive	Agitated
Gleeful	Distressed	Hateful	Hesitant	Wary

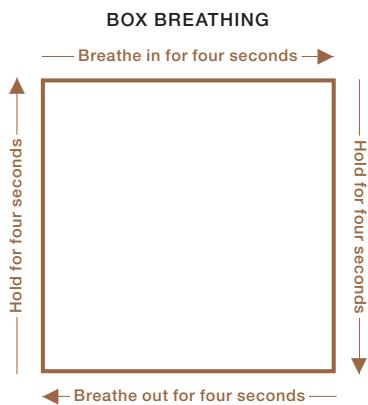
## Soothing Techniques

**Calming visualization.** Create a mental image of a scene that relaxes you. This can be a secret beach you love visiting, the local plant nursery, or even your couch. Once you've picked a scene, notice all the details about it that are pleasant. My go-to scene is usually the secret beach in Malibu that I sneak off to on the weekend. When I'm feeling stressed or overwhelmed, I shut my eyes and envision walking toward that Malibu beach. I notice how the cool, gentle breeze feels on my cheeks, and I imagine hearing seagulls flying far above. I make note of how the sun feels on my skin, the weight of my body, and every little detail about that specific moment until I'm ready to approach reality again. You can do the same with whichever scene feels the most comforting to you. Over time, the relaxing scene you create in your mind will become easier to rehearse whenever you feel overwhelmed. This is a wonderful technique to slow down your heart rate and expand your window of tolerance.



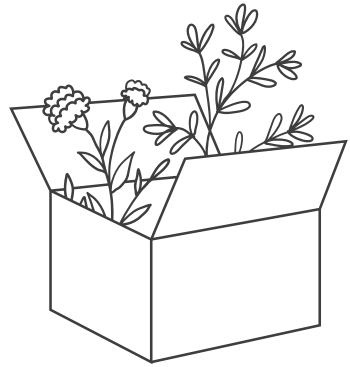
**Box breathing.** Breathe in through your nose for four counts, hold your breath for four counts, and breathe out through your mouth for four counts. You can repeat this however many times you need to feel more relaxed and regulated.

**The container.** Envision putting all of the things that bring you





anxiety inside a container and store it away for safekeeping. The goal is to give you reassurance that you can revisit this container at a later time. If you have trouble sleeping or concentrating on important tasks because of racing thoughts, envisioning the container will help you feel more at ease and in control of your mind.



## Let's Invite Support

You shouldn't walk this path of healing alone. Find a group of safe people who can empathize with your pain and walk with you through it all. I've listed a variety of dependable contacts to accommodate different needs. Take a photo of this list so you can have it ready whenever you need it most:

- **Suicide and Crisis Lifeline (988):** The nation's comprehensive mental health crisis service
- **Blackline (1-800-604-5841):** A crisis hotline geared toward the Black, Indigenous, and People of Color communities
- **Wildflower Alliance ([wildfloweralliance.org](http://wildfloweralliance.org)):** Peer-to-peer support, online support groups, free self-care classes, employment support
- **Kiva Centers ([kivagroups.carrd.co](http://kivagroups.carrd.co)):** Daily online peer support groups
- **Alcoholics Anonymous ([aa.org](http://aa.org)):** Local support groups for those who struggle with alcoholism
- **Celebrate Recovery ([celebraterecovery.com](http://celebraterecovery.com)):** Regional support groups for anyone suffering from hurts, habits, and hang-ups