



**TONI COLLIER**

FOUNDER OF BROKEN CRAYONS STILL COLOR

**BRAVE  
ENOUGH  
TO BE  
BROKEN**

---

HOW TO EMBRACE YOUR PAIN AND  
DISCOVER HOPE AND HEALING

**A PDF COMPANION TO THE AUDIOBOOK**

*Brave Enough to Be Broken*

© 2022 Toni J. Collier

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

Published in Nashville, Tennessee, by Nelson Books, an imprint of Thomas Nelson. Nelson Books and Thomas Nelson are registered trademarks of HarperCollins Christian Publishing, Inc.

Published in association with The Bindery Agency, [www.TheBinderyAgency.com](http://www.TheBinderyAgency.com)

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

Unless otherwise indicated, Scripture quotations 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.™

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 GW are taken from *God’s Word*®. Copyright © 1995 God’s Word to the Nations. Used by permission of Baker Publishing Group. All rights reserved.

Scripture quotations marked KJV are taken from the King James Version. Public domain.

Scripture quotations marked THE MESSAGE 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 NLT 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 NCV are taken from the New Century Version®. Copyright © 2005 by Thomas Nelson. Used by permission. All rights reserved.

Any internet addresses, phone numbers, or company or product information printed in this book are offered as a resource and are not intended in any way to be or to imply an endorsement by Thomas Nelson, nor does Thomas Nelson vouch for the existence, content, or services of these sites, phone numbers, companies, or products beyond 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. While the methods contained herein can and do work, 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.

ISBN 978-1-4002-3352-6 (audiobook)

ISBN 978-1-4002-3349-6 (eBook)

ISBN 978-1-4002-3335-9 (HC)

**Library of Congress Control Number: 2022944104**

*Printed in the United States of America*

22 23 24 25 26 LSC 10 9 8 7 6 5 4 3 2 1



**CHAPTER 6**

# **COMMUNITY**

**HIDING IS THE KRYPTONITE  
TO HEALING**

## DEFINE YOUR RELATIONSHIP CIRCLES



# RESOURCES

## TIPS FOR FINDING A THERAPIST

Finding the right therapist is important to your healing journey. And while it may seem completely overwhelming, you can do it. Here are some of my tips on how to find a therapist.

### **Call Your Insurance Provider**

Your insurance provider may have in-network options for you to explore. While it may be a small list, it's a great place to start when you're trying to find therapy within a budget. There may also be an option to pay for an out-of-network counselor, submit it to your insurance, and be reimbursed.

### **Phone a Friend**

Most of the counselors I've gone to have been referred by a trusted friend. While some of my friends have had different needs for a counselor, it's been helpful to learn about the therapist's style, demeanor, and abilities from someone I know who's interacted with them before.

## **Check on the Resources in Your Community**

If you're a college student, you may want to check a counseling center in or near your college. If you're employed, check in with your job about an employee assistance program. There may also be options at your church or at a local community center that has a focus on advocacy for harder topics like abuse and trauma.

## **Get Specific**

You may be battling with something very specific like anxiety, depression, suicidal ideation, and intrusive thoughts. Addiction or eating disorders may be a part of your story. And now that you've found the bravery to be honest about those things, it may be beneficial to connect with national organizations that specialize in those topics.

Here's a list of a few trusted organizations:

- National Center for PTSD
- Depression and Bipolar Support Alliance
- National Suicide Prevention Lifeline
- Narcotics Anonymous
- Sexaholics Anonymous
- International OCD Foundation
- GriefShare
- Postpartum Support International
- National Eating Disorders Association
- Black Mental Health Alliance
- Therapy for Latinx
- The National Asian American Pacific Islander Mental Health Association
- RAINN (National Sexual Assault Hotline)

## **Try Online**

COVID wreaked havoc on our entire world, and at the same time it created the ability for us to connect online for the right reasons. Online therapy engines have been refined and reimaged. If you don't feel comfortable with meeting in person just yet, online may be a great option for you.

Here's a list of online therapy platforms:

- [Betterhelp.com](https://www.betterhelp.com)
- [Talkspace.com](https://www.talkspace.com)
- [GoodTherapy.com](https://www.goodtherapy.com)

## **Don't Exclude Your Faith**

One thing that has been plaguing the Christian faith for years is the separation of our faith and our feelings. Both can coexist. So, when you're looking at counseling options, lean into finding someone who will incorporate Christianity into their practice. Many online platforms have a religious filter on them. Don't be afraid to choose a filter that clearly describes what you're looking for!

## **SCRIPTURES TO LEAN ON**

There are moments in our lives when we just need a reminder that God is with us and for us. Come back to these scriptures when you need them, as often as you need them. God's Word never wavers or fails, even in our hardest moments.

## **Feeling anxious?**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

## **Feeling stressed?**

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.” (John 14:27 NLT)

## **Feeling weak?**

He said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. (2 Corinthians 12:9)

## **Feeling unprepared?**

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. (Deuteronomy 31:8)

## **Feeling afraid?**

God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we’re free

of worry on Judgment Day—our standing in the world is identical with Christ's. There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love. (1 John 4:17–18  
THE MESSAGE)

### **Feeling heartbroken?**

The LORD is close to the brokenhearted  
and saves those who are crushed in spirit.

(PSALM 34:18)

### **Feeling betrayed?**

The LORD himself will fight for you. Just stay calm. (Exodus  
14:14 NLT)

### **Feeling alone?**

Truly my soul finds rest in God;  
my salvation comes from him.  
Truly he is my rock and my salvation;  
he is my fortress, I will never be shaken.

(PSALM 62:1–2)

### **Feeling doubtful?**

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. (Joshua 1:9)

## **Feeling spiritually attacked?**

Yell a loud *no* to the Devil and watch him make himself scarce. Say a quiet *yes* to God and he'll be there in no time.  
(James 4:7–8 THE MESSAGE)

# **GRATITUDE PRACTICES**

Gratitude is an incredible practice to help change your thoughts, emotions, and ultimately how you live your life, but it takes intentionality and consistency. Check out these gratitude practices.

## **Create a Gratitude Jar**

Find a jar you love and put it in a place where you see it daily. Put small pieces of paper and a pen next to it, and each time you pass the jar and think of something to be grateful for, write it down, and put it in the jar. When you're feeling down or upset, go to the jar, grab a few notes, and read them for encouragement.

## **Include Gratitude in Journaling**

When you journal, make it a practice to write one to three things you're grateful for before you begin. This can reset your posture going into your time with God and reset your heart as you draw near to Him.

## **Create a Gratitude Object**

This object can be a rock, a marble, a special coin, or anything small you can keep in your purse, wallet, desk area, or pocket. Anytime you encounter the object, try to think of something you're grateful for and say it aloud. You never know when your gratitude object will show up on a day you need it the most!

## **Seven Days of Intentional Gratitude**

A good way to reset if you're going through a particularly hard season is to spend intentional time practicing gratitude using daily prompts for seven days. Every day choose one or more prompts to journal about.

Prompt examples:

- I'm grateful for these three people:
- I'm grateful for these three things in my home:
- I'm grateful for these three lessons I learned:
- I'm grateful for these three scriptures:
- I'm grateful for these three things on my body:
- I'm grateful for these three experiences:
- I'm grateful for these three songs:

## **Gratitude Stroll**

Maybe you're not able to voice the things you're grateful for right now. Instead, how about going for a stroll and focusing your mind on things you're grateful for? All you'll need is a quick ten- to fifteen-minute stroll, being mindful of all you are grateful for.

## **FIVE TIPS FOR TRANSITIONING OUT OF A TOXIC COMMUNITY**

You are worthy of good friendships. You are worthy of being treated and loved well. And, while we are all broken people in need of grace and acceptance, there are some people who cannot have access to your heart because of the potential damage they could do. Remember, you become who you're around. So ask God to be with you in this process, put on your big-girl pants, acknowledge that this is hard but sacred work, and let's go protect your heart.

## **1. Identify Your Friendship Needs**

Create healthy friendship pathways by first identifying your needs in a friendship—the needs that give you life and safety and love. In Ephesians 4 Paul talked about a way to communicate to people that hits their needs both actual and felt. This means that we all have things we need in order to thrive in relationships with others. What are yours?

## **2. Create and Identify Circles**

Even Jesus had circles. Peter, James, and John experienced things the other disciples did not. They were typically listed first in Scripture, and they were absolutely the closest to Jesus. In your circles, think: What level of friendship should this person be in?

## **3. Identify Toxicity**

The Bible makes it clear here; bad company ruins good character (1 Corinthians 15:33). We truly do become who we hang around with, and knowing that we are only responsible for ourselves when we get to heaven, we have to put ourselves in healthy relationships so we can become and be that for others. What toxic behavior, from name-calling to gaslighting, have you recognized in some of your friends?

## **4. Create Boundaries**

Even Jesus set boundaries to protect His heart and sacred spaces. And now we get to create boundaries that are strong enough to keep the bad stuff out and permeable enough to let the good stuff in. What boundaries are you going to set for your friendships? From not allowing harsh words to refusing toxic behaviors, boundaries are healthy for maintaining wholeness.

## **5. Have an Honest Conversation**

A hard conversation is not the end of a relationship, but a new beginning to a friendship that isn't toxic but is resolved in grace and truth. Go into this conversation knowing where you think this person should be placed in your life. Are they moving from intimate to inner? From level two, closest to your heart, or level three? Last, pray about how God would want you to have the conversation.

## **FOUR TIPS FOR BEING A GOOD FRIEND IN CRISIS**

There are many resources for you, and at the same time we get to reach back and provide the same tender care and attention we need for those in our lives who need it most. Here are some good tips for helping a friend in crisis.

### **1. Be Present**

Sometimes people don't need advice; they need presence. Offer to just hang out and do something fun with your friend. If they bring up the crisis or hard situation, let them guide it, but you just be present and bring peace to their heart.

### **2. Be Practical**

Think of some ways you can practically help your friend. Grab lunch or dinner for them. Drop off groceries. Pay for their coffee or to get their nails done. Sometimes people in crisis don't really know what they need at the moment or how to answer, "What can I do to help?" Jump right in with a noninvasive way to provide comfort.

### **3. Be Curious**

When your friend is ready to talk about the crisis, focus on being curious and asking open-ended questions. Avoiding yes-or-no questions helps to open up the conversation and create a safe space for them to share their feelings and feel seen and known. And instead of sharing a similar experience or feeling that you have had in the past, share how their feelings have made you feel. Example: “When you said that you were feeling sad that that person hurt you and left you, I felt so betrayed for you. I’m sorry you had to experience that.”

### **4. Be Prayerful**

Prayer still works. And one of the greatest things you can do to stand alongside your friend in crisis is to remember where your strength comes from as you stand in the trenches with them. Our power comes from God; our ability to love comes from God because He is love. So be there in the natural and in the spiritual. And if they’re comfortable with it, offer to pray while you’re together.