



"How do I know for sure if Theophostic worked?"

Some people experience clear words of truth and healing from Jesus, with immediate profound relief and then peace. These people don't usually ask "How do I know for sure if Theophostic worked?" However, there are many people (like myself) who do not always experience "textbook" Theophostic moments. My Theophostic healing moments are sometimes very subtle. I don't ever see or hear anything. Sometimes "all of a sudden I just know the lie isn't true any more," but at other times I don't even get this. I can be focusing on a memory and lie, asking the Lord to come with His truth, and then feel only a gentle relief. The Lord is sometimes so subtle that I even feel discouragement ("this isn't working") until my wife encourages me to go back and test the original memory and lie. When I go back to the original memory and lie, the lie doesn't feel true any more and I don't feel any pain.

People with this kind of experience often have the following question: "I tried Theophostic, but my experience was _____ (not what they were expecting, not like described in the book). How do I know whether or not I have been healed? How do I know whether I have really been healed or whether I can't find the pain because the memory, lie, and emotions just got buried/disconnected in some way?"

My own experience has convinced me that this is a good question -- one can mistake disconnection for true Theophostic healing. Occasionally after an ambiguous Theophostic experience I will go back to test the original memory and lie; I will feel like the lie is no longer true and I will also be unable to stir up any pain. At the time I conclude that the Lord has removed that particular lie and healed that particular wound. Later, when I stumble on a trigger that activates this same lie I discover that the memory and lie had disconnected as opposed to being truly healed.

One simple way this can happen is for an internal dissociated part to be carrying the lie and painful emotions associated with the "target" memory. If the dissociative part disconnects instead of staying with the core self until healing is complete, there will be a significant relief in the painful emotions and the lie will feel much less true.¹ However, the next time this lie gets triggered the internal dissociated part will come forward again -- the familiar "lie" thoughts will come into your mind and the familiar painful emotions will come into your heart. You will feel like you are right back in the middle of the session where the dissociative part disconnected.

¹I have gotten better at recognizing both dissociative disconnection and true Theophostic healing as I have persisted and gained experience with Theophostic. My personal experience with dissociative disconnection is that the lie will come down from a 10 but will not go all the way to zero -- it will linger at a subtle 1 - 2. I experience a decrease in painful emotions but not complete resolution as with true Theophostic healing. I will often have a lingering ache in place of the acute negative emotions. I expect that you will also become more able to tell the difference between disconnection and true Theophostic healing as you gain experience with Theophostic.

The bottom line is "test the fruit." You will begin to notice that certain situations and/or events no longer upset you or "get under your skin" (your spouse and/or friends may notice this before you do). As you think carefully you will realize that these situations and/or events had previously triggered this particular lie. One thing you can do to test the fruit is to watch for things that have triggered this particular lie in the past. You can even place yourself in these situations intentionally and observe carefully for any evidence that the lie is being triggered. When the lie has truly been removed nothing will be able to trigger it (because it is gone).

I encourage you to avoid spending much time and energy on this question. If the lie has been removed you will never see it again. If the memory, lie, and emotions disconnected, this fallen world will certainly help you find a trigger that will bring them back to the surface. When they come back, work on them again.