

• VOLUME II •

WORDS THAT WOUNDED

The Patterns We Learned
Understanding Protective Responses
and the Beliefs Beneath Them

JOEL RABE

[READER PREVIEW](#) | [CONTENTS & ABOUT THE COVER](#)

Four-volume edition in preparation

VOLUME II | AN INVITATION TO READ

The Patterns We Learned

Understanding Protective Responses and the Beliefs Beneath Them

A painful message can become an everyday pattern: perform perfectly, keep everyone pleased, remain in control, rescue others, or never need help. This volume explores those protective responses and the beliefs beneath them. It introduces a careful way to examine words, triggers, body responses, and recurring behavior, keeping room for evidence, uncertainty, and explanations that do not fit.

This volume is for you if...

You may find this volume helpful if you recognize recurring patterns of overperformance, approval seeking, control, rescue, or withdrawal and want to examine them with compassion, evidence, and biblical discernment.

What you will explore

- Performance, perfection, approval seeking, and the fear of failure
- Shame, visibility, reassurance, control, and authority fear
- Family roles, rescue, conflict, guilt, and the cost of saying no
- Needs, receiving care, rest, scarcity, calling, and anger
- The Word Wound Map and the Five Entry Doors
- Triggers, body responses, and learned protective patterns
- Corroboration and the limits of an assessment

Move from recognizing a message to understanding the pattern it may have helped shape-and examine that connection without forcing a story.

Explore this book online

VOLUME II | THE READING JOURNEY

Table of Contents

Chapter titles follow the current manuscript. This four-volume arrangement is proposed; final divisions and book pagination will be confirmed before release.

PART III - The Patterns We Learn to Live

Chapter 14 - Performance, Perfection, and the Fear of Failure

Chapter 15 - Approval, People Pleasing, and Disappointment

Chapter 16 - Shame, Image, and the Fear of Being Seen

Chapter 17 - Rejection, Abandonment, and the Search for Reassurance

Chapter 18 - Control, Threat, and Authority Fear

Gathering the Threads IV - When the Old Message Becomes a Present Pattern

Chapter 19 - Responsibility, Rescue, and Family Roles

Chapter 20 - Conflict, Guilt, and the Cost of Saying No

Chapter 21 - Needs, Independence, Distrust, and Receiving Care

Chapter 22 - Rest, Scarcity, and the Burden Identity

Chapter 23 - Visibility, Calling, and the Fear of Success

Chapter 24 - Mercy Resistance, Self Punishment, and Hopelessness

Chapter 25 - Anger, Unsafe Emotion, and the Fear of What We Feel

Gathering the Threads V - The Patterns We Learned to Live

PART IV - Finding the Pattern Without Inventing the Story

Chapter 26 - The Word Wound Map

Chapter 27 - Triggers, Body Responses, and Protective Patterns

Chapter 28 - The Five Entry Doors

Chapter 29 - Corroboration: What Fits, What Partly Fits, What Does Not

Chapter 30 - What the Assessment Can and Cannot Tell You

Gathering the Threads VI - How to Examine Without Forcing an Answer

VOLUME II | FROM THE MANUSCRIPT

Read a Sample

Chapter 14 - Performance, Perfection, and the Fear of Failure

Michael and the Email That Was Already Good Enough

Michael is forty-two. His colleagues describe him as dependable, prepared, and unusually careful. If a report is due Friday, he usually has a working draft by Wednesday. If he teaches, he checks the references. If he sends numbers to leadership, he verifies them. None of those habits is inherently unhealthy. In many settings they are evidence of stewardship. The problem becomes visible late on a Thursday night when Michael is sitting at his kitchen table rereading an email he finished almost an hour earlier.

The message is ordinary. Six paragraphs. No crisis. He has checked the dates, attached the correct file, softened one sentence that sounded sharper than he intended, and corrected two typos. He reads it again. Then again. His wife walks through the kitchen and asks whether he is still working. “Just making sure,” he says. He changes a word, changes it back, opens the attachment one more time, and imagines the recipient noticing something he missed. The thought is not simply, I want this to be accurate. It is closer to, If I miss something obvious, they will know I am not as competent as they think I am.

Joel Rabe | Excerpt from the current manuscript. Chapter numbering follows the complete manuscript; the release edition is in preparation.

[Explore this volume online](#)

VOLUME II | READING THE DESIGN

About the Cover

The maze surrounds a heart that has learned to protect itself. Folded parchment and woven blue ribbons form the familiar routes of performing, pleasing, controlling, rescuing, or withdrawing. You may recognize a path you have walked so often that it now feels like part of who you are.

This volume makes room to examine that path with compassion and honesty. Romans 12:2 calls us toward transformation through the renewing of the mind. The golden thread traces an opening through the maze: an invitation to notice the pattern, consider the belief beneath it, and ask where a more faithful response might begin.

Proverbs 4:26 calls us to ponder the path of our feet. Romans 8:15 also gives us a place from which to begin: the Spirit of adoption, through whom believers cry, “Abba, Father.” We can examine our ways while remembering whose children we are. The heart remains at the center of the cover, now easier to see, held within the hope of belonging to God.

Four covers. One golden thread.

The shared blue-and-gold palette, frame, typography, and golden thread connect the collection: the words we heard, the patterns we learned, our beliefs before the Word, and the truth we live.

VOLUME II | SCRIPTURE & KEY CONCEPTS

Biblical Connections

Proverbs 4:26 - KJV

“Ponder the path of thy feet, and let all thy ways be established.”

Romans 12:2 - KJV excerpt

“be ye transformed by the renewing of your mind”

Romans 8:15 - KJV excerpt

“ye have received the Spirit of adoption, whereby we cry, Abba, Father”

Greek: suschematizo - conform to a pattern

In Romans 12:2, suschematizo describes conformity to the pattern of this age. The maze applies that contrast to the examination of learned responses; it does not classify every protective response as sinful.

Lexical reference**Hebrew: derek - way, road, course of conduct**

Proverbs 4:26 speaks of establishing one's ways. The imagery joins reflection to the actual course of a life: the routes we repeatedly walk.

Lexical reference**Aramaic: Abba - Father**

Abba is an Aramaic address meaning Father, preserved in Romans 8:15. In this passage, the Spirit's gift of adoption supports the movement from fear toward belonging. The address carries both closeness and respect.

Lexical reference**Explore this volume online**

Original-language notes clarify the cited passages. The artwork is a devotional interpretation of these themes. This preview is not the full manuscript; final divisions and page counts are forthcoming.