Podcast Host Intro

- C. Maria DeLaLuz is an author, wife, mother, and woman of faith whose story is centered on survival, healing, faith, and finding purpose after trauma.
- She is the author of the upcoming memoir, *The Light After: A Journey from Darkness to Light, Hope, and Healing,* launching December 8, 2026.
- C. Maria's story begins with a childhood marked by instability, abuse, trauma, and learning at a very young age how to survive.
- Her journey continued through painful relationships, betrayal, domestic abuse, divorce, and seasons when she struggled to recognize her own worth.
- Rather than allowing those experiences to become the ending of her story, she began the difficult process of healing, rebuilding, forgiving, and discovering who she was beyond what happened to her.
- Faith became a central part of her transformation, helping her move from simply surviving her life to intentionally living it.
- Today, she is married to her husband, Brian, and they share a blended family of six children.
- Her memoir is intentionally honest about both the darkness she experienced and the choices, faith, relationships, and healing that helped her move beyond it.
- One of the central messages behind *The Light After* is that what happens to us can shape us, but it does not have to define who we become.
- She hopes sharing her story gives other women permission to break their silence, recognize their worth, and believe there can still be light after the darkest chapters of their lives.

Suitable Questions to Ask

For listeners meeting you for the first time, who is C. Maria DeLaLuz?

What is The Light After about?

What inspired you to write this book?

Why did you feel that now was the right time to share your story publicly?

What does the title The Light After mean to you?

Who did you have in mind while writing this book?

What do you hope readers feel when they finish the final page?

Trauma and Survival

What experiences most shaped the woman you became?

How did childhood trauma affect your identity and relationships later in life?

What did survival look like for you before you understood that you were surviving?

Why do people sometimes minimize or remain silent about what happened to them?

How did keeping painful experiences secret affect you?

Were there moments when appearing strong prevented others from seeing that you needed help?

What is the difference between being strong and feeling that you are never allowed to fall apart?

How can unresolved trauma influence the choices we make without our realizing it?

What would you say to someone who believes their trauma was “not bad enough” to deserve healing?

The Turning Point

Was there a defining moment when you realized you no longer wanted to merely survive?

When did you first recognize that healing was possible for you?

What was the hardest truth you had to acknowledge about your life?

What did asking for help require from you?

Who helped you feel safe enough to begin telling the truth?

Did healing begin with one major breakthrough or a series of smaller decisions?

What did you have to release before you could move forward?

Was there a moment when you first began recognizing yourself again?

The Healing Journey

What is the difference between surviving trauma and genuinely healing from it?

What did healing look like in your everyday life?

What role did counseling, journaling and honest conversations play in your recovery?

What surprised you most about the healing process?

Did healing ever feel as though it was making things harder before they became better?

How did you learn to rest without feeling guilty or unsafe?

How did you begin replacing shame with compassion?

What does it mean to stop living from what happened to you?

How did you learn that your worth was not determined by your usefulness?

What practices continue to support your emotional and spiritual healing today?

How do you respond when old memories or emotions resurface?

Faith and Finding the Light

What role did faith play in your healing?

Were there times when you questioned God because of what you endured?

How did your understanding of God change throughout your journey?

What did it mean to invite Christ into the parts of your story you had hidden?

How did you learn to believe that God was not disappointed by your weakness?

Was there a scripture, prayer or spiritual experience that became especially meaningful?

What would you say to someone who wants to believe in God but feels abandoned because of their pain?

How did faith help you find purpose in experiences you never would have chosen?

Do you believe healing can be both spiritual and clinical?

What does “walking in the light” look like in your life today?

Forgiveness and Boundaries

What did forgiveness mean to you, and what did it not mean?

Can someone forgive another person without allowing them back into their life?

How did you learn that loving someone does not require remaining available for harmful behavior?

What is the difference between a boundary and a punishment?

Did setting boundaries ever make you feel guilty?

How did you learn to guard your heart without becoming hardened?

What would you say to someone being pressured to reconcile with a person who continues to hurt them?

Can healing happen even when an apology or accountability never comes?

How did you release the need for others to understand or validate your experience?

Identity and Becoming

Who were you before trauma began defining your choices?

How did you separate your identity from the roles you carried: mother, wife, daughter, employee and caregiver?

What happened when your children grew up and your life began changing?

How did you discover who you were beyond what other people needed from you?

What dreams or desires did you rediscover through healing?

How has your definition of strength changed?

Who is C. Maria today compared with the woman readers meet at the beginning of the book?

What does becoming the woman God intended you to be mean to you?

Do you believe we can honor our past without allowing it to control our future?

Writing The Light After

What was the most difficult part of writing your story?

Was there a chapter that was especially emotional to write?

Did writing the book reveal anything about yourself that you had not recognized before?

How did you decide which experiences to include and which to keep private?

How did you write honestly while protecting the dignity and privacy of others?

Were you ever afraid of how people might respond to your story?

What helped you continue when writing became painful?

Did writing The Light After become part of your healing?

How did you balance vulnerability with emotional safety?

Is there a passage in the book that best captures its central message?

What do you want readers to understand about telling their own stories?

Hope and the Reader's Takeaway

What would you say to the woman who feels trapped in survival mode?

What is one small step someone can take toward healing today?

How can a person find hope when they cannot yet see a way forward?

What do you want readers to know about starting over?

Is it ever too late to heal or rediscover your purpose?

What does life after healing look like for you?

How can loved ones better support someone carrying trauma?

What message would you give your younger self today?

If readers remember only one sentence from The Light After, what do you hope it will be?

Where can listeners learn more about the book and connect with you?

What comes next for you as an author, speaker and advocate for healing?