

5 Step Blueprint To Heal



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We all face difficulties in our lives. Often, we're able to brush them off and carry on, but occasionally those struggles leave us emotionally wounded. We may feel distraught, defeated, or even paralyzed by the pain. Any emotional hurt can spread throughout our lives impacting our relationships, careers and even our health.

Below, I've provided a Blueprint to help you heal from the damaging effects of emotional hurt.

As we begin our journey towards healing, take note of a couple important factors:

- You Can Heal. I believe in your ability to overcome.
- A problem that may seem minor to you, could have a significant impact on another person. So, it's important that we don't judge one another's responses.

Now, let's go. I suggest you utilize the following steps to Heal the Hurt...

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1.

Honesty

Be honest about your hurt.

Ask yourself:

- What happened? abuse, fired from a job, money problem, lost your home, betrayal, relationship problems, abandonment or whatever your hurt may be.
- How do I feel about what happened? rejected, disappointed, neglected, ashamed, worried, afraid, invisible, overwhelmed...

Your healing comes through The Truth. You may be successful at lying to others, but it's dangerous to lie to yourself. To recover from what negatively impacts your mind, body and spirit, you must be **honest**.

2.

Embrace Change

Embrace the mindset that change is possible for you.

- How will your life be different when you're delivered from the hurt? What does your freedom look like? Visualize it
- What words of healing come to mind? Happiness, deliverance, joy, love... Meditate on it!
- What will you do with all the time you gain, once you stop focusing on the hurt? Develop healthy habits, learn a new skill, volunteer... Start

Healing is on the other side of this hurt, so embrace a healthy new life.

3.

Allow The Process

Allow yourself to move forward. You deserve it.

- Give yourself permission to feel the feelings. You may cry.
- You may feel drawn to return to the familiarity of pain and dysfunction. Resist it.

It may be difficult to focus on your needs, but it is necessary.
You are worth it.

4.

Learn From The Experience



In some ways, suffering ceases to be suffering
at the moment it finds meaning

- Viktor Frankl

- What did you learn from this experience?
- Are you stronger? Wiser? More experienced? More determined?
More alert?

Even the most horrific experiences can be used to make us better.

5.

Repeat

- The Bad News: You will face **AND OVERCOME** other challenges in life.
- The Good News: You've developed the skills necessary to push through the pain.

When life offers disappointment, repeat Steps 1 – 4. Isn't it great to have a tangible blueprint for support?

H – E – A – L & Repeat