

CAUTION



Take a break from Module 6 if you have one or more of these signs.

Please note that this training and workbook is **not intended to diagnose mental health conditions** or replace the work of a therapist.

Feeling the full spectrum of emotions is normal as you begin the healing process. Sometimes you'll feel strong emotions and can move ahead with this work. However, you may feel vulnerable, tired or anxious. These feelings are a natural part of the healing process. **Remember, your emotions give you information, so respect them and listen.**

There may be a moment when you feel overpowered by your emotions, and you might need a break for a little bit from this work. **Maybe do self-care as we discussed in Module 5 - Take Action. Then come back to this healing work when you feel grounded and ready.**

Here's a checklist of warning signs that it's time to take a break:

- You don't feel completely present in your body or surroundings or lose time. These experiences are called dissociation.
- You have flashbacks (images) of the trauma.
- Your feelings flood you or feel unmanageable.
- You experience intense anger, depression, fear, anxiety, sadness or another feeling, particularly if they feel out of control or you don't understand their source.
- You begin to injure yourself or injure yourself more frequently (including cutting, scratching, burning or substance abuse).
- You're behaving more compulsively, such as with eating, working or sexual activity.
- You feel numb, unable to feel any emotion.
- You want to withdraw and avoid others.
- There's a dramatic change in your sleeping or eating patterns.

If you discover that it brings up unresolved trauma, anxiety, depression or distress in other forms and taking a break doesn't subside it, I urge you to seek professional help.

Module 6: *Heal*



I shared with you ...

that as my marriage fell apart, I started to look hard at myself and my choices. As I dug deeper, I saw how deep my burns went. It was then I realized I was suffering from a third-degree burn.

Did you know that there are three degrees of burns? Each degree requires a different level of care.

The same is true for emotional healing. There are different hurt, pain and trauma levels, and each level requires different treatments.

First-Degree Burn

First-degree burns extend only to the top layer of our skin, causing reddening and pain. It's a minor health issue that can be treated at home.

Emotional burns are smaller hurts that can be treated with self-care techniques, talking with a trusted friend, breathing or meditation practices, time with God, etc.

Second-Degree Burn

Second-degree burns penetrate the dermis, the layer beneath the skin, causing pain, redness, blisters and skin thickening. These burns are treated with self-care like antibiotics and loose gauze to protect the wounded area.

Second-degree burns could include growing up in poverty, being bullied, experiencing racism or discrimination, intense or frequent transitions or medical procedures.

Treatment might include self-care techniques, talking with a close friend, or time with God, a therapist or counselor.

First and Second-degree burns are what therapists would call Little t trauma.

Anything can be traumatic or painful if our minds, emotions, or bodies experience it that way.

Third Degree Burn

Third-degree burns result in white or blackened charred skin that may lose feeling and functionality because of nerve damage. Healing may require major surgical repair, lifelong assistive care, support groups, and counselors, depending on the damage.

Third-degree burns are what therapists call Big T trauma and are one-time events such as life-threatening situations, sexual violence, serious injury or natural disasters or they can be complex trauma that is an on going pain like abusive or addicted parent or family member.

My third-degree burn was a complex trauma that felt like Chinese water torture—drip, drip, drip. It's the constant day after day hurtful experiences that I could never escape from, and it caused a lot of damage.

These physical and emotional third-degree pains can leave you numb until you're unrecognizable, like blackened and charred skin.

- We all have experienced varying degrees of pain, hurt or trauma and even smaller painful experiences can add up and can act on our body as a big PTSD trauma if we don't know how to heal and release them.
- Like with a burn, if we don't heal from our past, history repeats itself and continues to show up in other relationships.
- The good news is there's hope and healing available for everyone, no matter the degree of pain you've experienced.
- Please know, that this isn't intended to diagnose mental health conditions or replace the work of a therapist.
- Also, healing isn't one-size-fits-all. For that reason, I'm going to give you tools, resources and support ideas so you can work through your healing journey in a way that meets your personal needs. If at any point in this journey you feel you need extra help, please seek a professional therapist or counselor.





Pause

For healing to begin, we must first identify the pain, determine where it came from and assess how deep it is. Is it a first, second or third-degree burn?

Pause Exercise

It's time to Pause and have a conversation with yourself.

Burn:

What are the pains, hurts or traumas you need emotional healing?

They could be past or current wounds, but you know you either haven't started or are not finished with the healing process.

Select which degree burn you feel it is.

First degree:

Examples:

People may have said hurtful things to you, like, "You're stupid," or "no one will ever want you." "You're ignorant, fat, lazy, ugly, etc."

Don't overlook these first-degree burns because, over time, we begin to believe those lies. We still need to heal those wounds.

Second degree:

Examples:

Rejection, growing up in poverty, intense or frequent transitions, etc.

Third Degree:

Third-degree burns are more severe.

Examples include but are not limited to: divorce, rape, molestation, domestic violence, or other types of emotional pain. Third-degree burns can be a one-time incident or continuous pain like living with an addict.

Where

Where did the pain originate?

Ask yourself where did they come from; what happened that caused the pain?

It might be a one-time incident or a thousand little hurts that added up to a bigger burn. Write that under the Where row.

We'll get the rest of the worksheet as we go through our 5 Ps tool.

Example Healing Worksheet is on page 157 and the Healing Worksheet is on page 158



Healing Worksheet



Example

Burn Rejection

Degree 1st Degree Burn ~~2nd~~ Degree Burn 3rd Degree Burn

Where Friends in grade School

Why I had low self-esteem and was afraid to stand up for myself

Purpose God showed me how to love myself and attract better friends

Treatment Discover who God says I am and forgive

Degree	1st Degree Burn	2nd Degree Burn	3rd Degree Burn
Where			
Why			
Purpose			
Treatment			

Burn _____

Degree 1st Degree Burn 2nd Degree Burn 3rd Degree Burn

Where _____

Why _____

Purpose _____

Treatment _____

Healing Worksheet

Burn

Degree

1st Degree Burn

2nd Degree Burn

3rd Degree Burn

Where

Why

Purpose

Treatment

Burn

Degree

1st Degree Burn

2nd Degree Burn

3rd Degree Burn

Where

Why

Purpose

Treatment

Burn

Degree

1st Degree Burn

2nd Degree Burn

3rd Degree Burn

Where

Why

Purpose

Treatment

Process

Now it's time to process what happened.

Processing your pain won't be easy, but when you understand WHY you came to live and behave as you do, you can implement long-term change.

Remember that you're not justifying what someone did to you; they're responsible for their actions.

Also, God promises that there's a PURPOSE in the pain that we experience.

ROMANS 8:28 NLT

AND WE KNOW THAT GOD CAUSES EVERYTHING TO WORK TOGETHER FOR THE GOOD OF THOSE WHO LOVE GOD AND ARE CALLED ACCORDING TO HIS PURPOSE FOR THEM.

We can find joy in the middle of painful situations knowing God is working behind the scenes to turn it around for our good.

Process Exercise

Going back to your Healing worksheet, look at each pain or burn.

Why: Purpose:

Ask yourself:

Why did this happen?

Fill your answers under the Why row.

Examples:

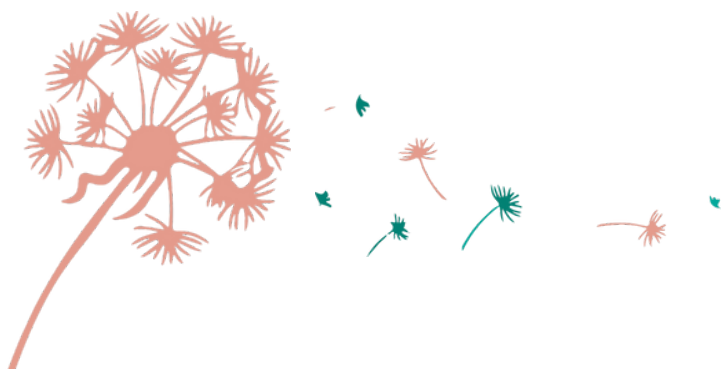
- A hurting person who hurt you.
- You had extremely low-self esteem at the time, and that caused a particular action or inaction.

Next, ask yourself these questions:

- What is the purpose of my pain?
- What lessons can I learn?
- What good can God create from this pain?

Write your answers in the Purpose row.

The purpose of your pain might be your ability to help others going through a similar experience heal from their pain.





Pray

After we Pause and discover our pains and then process them to see what they're telling us, it's time to take our hurts, pains and traumas to God through Prayer.

In December of 2013, I decided to love myself and to take action steps to begin to manifest healing in every area of my life.

- I sought God and spent time with Him and in His Word.
- I found the strength to get Godly counsel.
- I had to forgive. Forgive me and forgive my family.

One of the quickest ways to heal from our past is forgiveness. Forgiveness allows us to release the offense and offender.

There are two people you need to forgive:

1. Forgive Yourself - Self-forgiveness
2. Forgive Others



1. Self-Forgiveness

We must first forgive ourselves so we can forgive others.

Victims of abuse can sometimes blame themselves as if the abuse is their fault. Abuse eats away at our self-esteem and erodes our confidence, so it can be easy to take responsibility that's not ours to take.

We can criticize ourselves as if we should be perfect. Listen, if we knew better, we would have done better.

Even if you did something wrong or should have made a different decision, God isn't holding on to it, so why are you?

It's time to give yourself grace and forgive yourself.

2. Forgive Others

Forgiving yourself allows you to extend that forgiveness to others.

Forgiveness doesn't mean you're condoning what the other person did to you; it's letting go of your right to hold onto an offense.

Now, understand forgiving your abuser doesn't mean you have to reconcile and go back into a relationship again. I forgave my former husband, but I don't have to stay with him. You don't either.

Relationships are earned through trust.



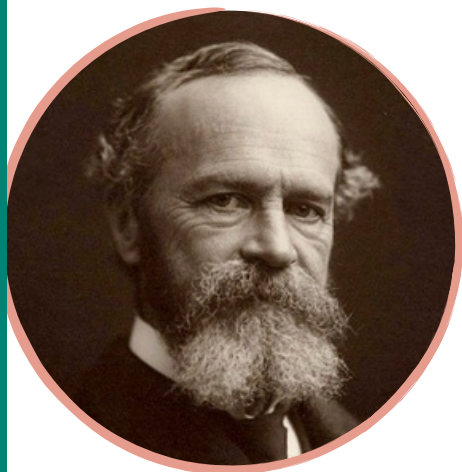
How do we forgive?

How can we let go of the hurt and pain that others or ourselves caused?

1. Remember what God did for you

**ROMANS 5:8 NIV
BUT GOD DEMONSTRATES
HIS OWN LOVE FOR US IN
THIS: WHILE WE WERE
STILL SINNERS, CHRIST
DIED FOR US.**

Our Heavenly Father forgave us freely and that's how we should forgive.



2. Let go of your right to punish

Sometimes we hold onto the offense in the hopes it's punishing the offender for what they did.

God said in Romans 12:17-19 that He'd take care of punishing, so you can let it go.

3. Decide to forgive

Forgiveness is a decision, not an emotion. We may not feel like forgiving, but we can still choose to forgive.

Decisions lead to emotions.



**"You will not sing because you are happy;
you will become happy because you
decided to start singing and kept singing
even though, for a time, you did not feel
like it."**

Williams James, a 19th-century psychologist and considered the "Father of American psychology"

4. Forgive even if they don't ask for it

No Bible verse says that to forgive someone, the offender must ask for it, deserve it or even be aware that they're being forgiven.

Forgiveness is a gift, but it's a gift you give yourself. Forgiving frees you to build the future you choose.



Pray Exercise

Take your hurts, pains and burns to God.

He cares for you and everything you've been through, are going through and will go through.

Ask God for forgiveness if you need to. (1 John 1:9)

He has already paid for your forgiveness; ask and receive.

Receive His peace that passes all understanding (Philippians 4:6).

Thank Him for it.

Cast your care on Him.

Let Him carry your burdens; we're not meant to (1 Peter 5:7).

Picture yourself handing your hurts and pains to Him, and then imagine Him taking them from you.

Receive His strength.

Even when you're weak, Your Heavenly Father is strong and gives you His strength (Psalm 29:11; 2 Corinthians 12:10).

Thank Him for His power to heal and let go.

Forgive Yourself Exercise

Write yourself a letter of forgiveness and appreciation. Use a separate piece of paper for this exercise.

Example on page 163



Sample Forgiveness Letter to Yourself

Dear , [your name]

I've missed you. It's been too long since I've seen the fun, happy person I know you are. So, I want to ask your forgiveness about something.

You'll remember, it was [time frame, like five years ago]...
[describe

. I'm sorry, will you please forgive me? the event(s) or situation(s)]

I want you to know I forgive you too. It's okay to let it go now. You did the best you knew how to do at the time. God forgives you, so let go of the shame. God has beautiful things still planned for you, and now that you forgive yourself, you're free to build the future you desire.

Before I go, I want to acknowledge you for who you are. You're one of the most special people in the world. I appreciate so many things about you.... [list them]

Thank you for the incredible moments you create for so many. The ripples that you started by the way you choose to live and grow reach so many more people than you could ever know. I know a few of them are...
[list people you've touched in your life]

Love always,

]

[Your Name



Forgive Others Exercise

Write a letter(s) forgiving your offender(s).

Use a separate piece of paper for this exercise.

NOTE

- Don't worry; you won't need to show this to anyone, so don't hold back.
- I promise this will help you let go.

[state the offender's name],

You can use any or all of these prompts to help you create your letter or use your own:

- What hurt me the most was...
- What I blame myself for is...
- What scared me was...
- What I really needed was...
- What I most regret is...
- I take responsibility for...
- What I learned was...

[Describe the event or situation]

I'm willing to forgive you, [state the offender's name], and I'm releasing myself from this situation and [state the offender's name]. I receive God's healing and accept His love.

[Sign and date the letter]

Now, burn it or rip up the letter.

You're physically releasing the person and freeing yourself from their hold on you.

When the memories come back up, and they usually will, remind yourself you've already forgiven them and released yourself from their hold on you.

You may have to remind yourself often at the beginning. That's okay and normal. Know that you're freeing yourself so you can now experience the future you choose.





Plan

It's time to create a Plan for our healing.

A Plan helps you assemble the tools and resources you need for the healing process.

As you're healing, there will be moments where you're triggered and move back to a state of anxiety, stress or survival mode.

Using your tools, resources and self-care strategies, to move yourself back to a resourceful state of mind, nourish your soul and continue the healing process.

We can heal from hurt, pain and trauma. God designed us so we could. It's hard work, but if you do the work, you can heal.

PSALMS 147:3 MSG

HE HEALS THE BROKENHEARTED AND BINDS UP THEIR WOUNDS.

Plan Exercises

Healing Plan:

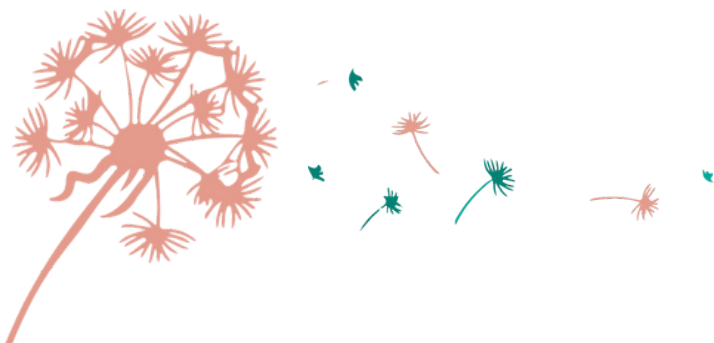
Go back to your Healing worksheet, where you listed your pains or burns.

For each pain/burn, list what you think you need to treat these burns. What treatment do you need to heal?

Examples:

- Read Bible
- Pray
- Journal
- Forgiveness
- Self-care strategy
- Support group
- Counseling or therapy
- Self-acceptance
- Self-love

Write the treatment on your Healing worksheet.



Trigger Exercise

When you experience immediate pain or a painful memory triggers you, take yourself through this process:

1. First, be compassionate to yourself: **only grace; don't be the judge and juror.**
2. Next, notice what's coming up in **your body.**
3. Ask yourself, "**What am I feeling in this moment?**"
4. Let yourself know **it's okay** that you're feeling this way or your body is responding a certain way.
 1. You're validating yourself and **applying compassion.**
5. Now ask yourself, "**What do I need? What support do I need?**"
6. **Do I need** internal support like a self-care tool? Do I need external support like a safe friend, family member or therapist right now?
7. **Take care of yourself** using the support you need at that moment.

You create resiliency when you attend to and listen to your needs.

Painful Thought to Possible Affirmation Tool

When we're triggered or are in a down place mentally or emotionally, we may focus on painful thoughts. A powerful way to counteract these painful thoughts is to think, "what's possible?" instead of that painful thought.

It's difficult to remember to say positive statements to yourself over the internal noise of our pain or trauma. By writing positive statements ahead of time, you're being proactive, and they can pull you out of a painful thought from the past and bring you back to what's possible and positive in your life.

- List two to five painful thoughts you experience.
- Next, create affirmations that remind you of what's possible.
- Create multiple affirmations for each painful thought.
- Write them in a way you can imagine them operating in your life.
- Add them to a note on your phone or 3x5 cards you can keep with you.
- Then when the painful thoughts come, speak these affirmations to yourself.



Painful Thought to Possible Affirmation Tool

Examples:

Painful thought:

I'm so alone

Possible Affirmation:

- can reach out to others if I choose
- 'm part of a world; I belong

Painful Thought:

Something terrible is going to happen

Possible Affirmation:

- This is not going to end the same way.
 - Even if this ends the same way, I've
 - already been through the worst of this
 - before.
- Odds are, everything's going to be okay.
- I'm going to get through this; I have
- before.

Ideas for Possible Affirmations:

- I have choices.
- I'm going to get through this; I have before.
- God's on my side.
- I can set boundaries.
- It's okay to disappoint people.
- I am capable.
- I am loved no matter what.
- I can ask for support.
- My emotions give me information.
- My body supports me.
- I am responsible for only myself.
- It's okay to take care of myself.
- This emotion is temporary.
- I am beloved (remember, God loves you always).

Painful Thought

Possible Affirmation





Healing is a continual, day-by-day journey. To sustain this healing process, you must Pivot.

Pivoting is making the necessary adjustments to continue to grow and heal and keeps you on top of your healing process.

Three ways to Pivot:

1. Stay in God's Word

To maintain healing from the inside out stay in the Word of God. As you do, you're continually renewing your mind to what He says about you.

2. Make forgiveness a lifestyle

When the old hurts come to your mind, remind yourself, "It wasn't right what they did, but I chose to forgive. I'm no longer allowing them to steal from me by taking up residence in my mind."

If you do anything to hurt some, apologize as needed.

3. Use your tools, resources and self-care practices to create resiliency

Resilience is our ability to pick ourselves up and fight another day.

Our capacity to **Breathe** and fulfill our purpose grows as we learn to process and move through these hard things.





Pivot

Use My Tools, Resources and Self-Care Practices Toolbox

What tools and self-care practices can you use to tap into your resilience when you need to pivot:

Emotionally
Relationally
Mentally
Physically

Remember that you don't have to be overwhelmed to utilize your toolbox—be proactive.

Note

- See page 228 in the Resources section for Self-Care Strategies.



Pivot Emotionally

Pivot Relationally

Pivot Mentally

Pivot Physically

I Am Resilient Exercise

You are braver and stronger than you may realize.

Maybe you didn't make all the right decisions or respond every time like you "should" have, but think of everything you've survived in your life. You're courageous and resilient.

Look back on your life and identify where you've been resilient.

Take a moment and acknowledge yourself for all the ways you've supported yourself through the years and how it's allowed you to be resilient and keep moving forward. Use the space below to journal your thoughts.

When you hit a moment when you're feeling fear, anxiety, stress or shift into survival mode, remind yourself you can do this because you've done it before. This thought will help you Pivot back to a healing and growth mindset.



Pivot the Inner Critic Exercise

When your inner critic starts getting loud

and tries to tell you this healing thing isn't working, you're not worth the effort, or whatever it might say to try and get you to stop the work, Pivot and practice self-compassion.

Think of a moment where your inner critic judged you for something you did or didn't do.

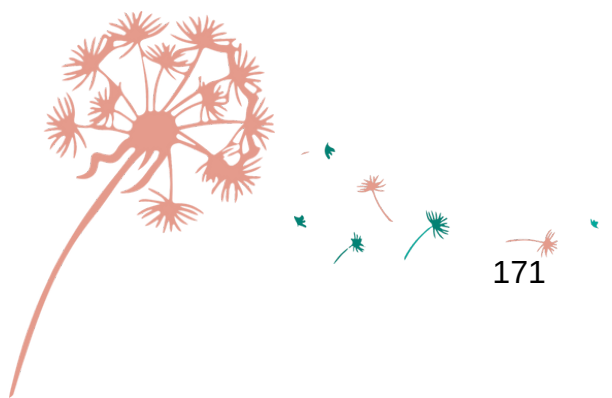
Ask yourself these questions:

What would it be like to be non-judgmental in this situation?

If God were talking back to my inner critic, what do I think He would say?

If I were talking to a friend, what would I say to them?

You can use this exercise anytime your inner critic tries to pull you down.





Wrap Up

Let's stop letting our history control our destiny.

The years of emotional pains and every level of emotional burns has ended. God has made me whole again. Today I'm healed and can **Breathe** again. I love freely and live out loud with unapologetic purpose.

Now, you can too!

Scripture References

ROMANS 10:9

ROMANS 7:18-25

MATTHEW 6:10

1 JOHN 1:9

COLOSSIANS 1:13 AMP

GALATIANS 3:13

EPHESIANS 5:8,13

EPHESIANS 6:11,12

AMOS 4:7

HEBREWS 12:2

ROMANS 8:28 NLT

HEBREWS 12:15 AMP

ROMANS 5:8 NIV

COLOSSIANS 3:13 NASB

ROMANS 12:17-19 MSG

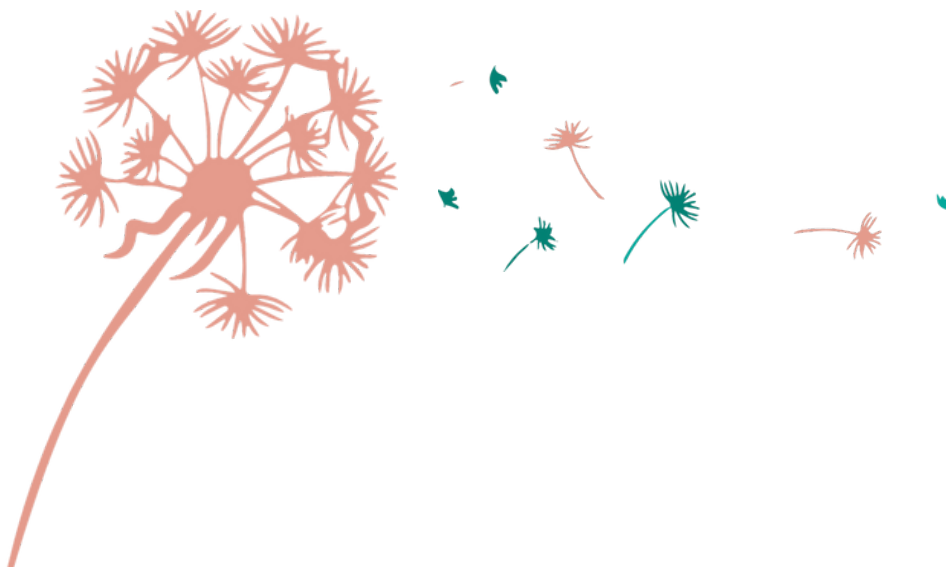
PHILIPPIANS 4:6

1 PETER 5:7

PSALM 29:11

2 CORINTHIANS 12:10

PSALMS 147:3



Prayer Of Healing

Jesus, I thank You for having the power and authority to heal my body and mind. I boldly come to You today to ask for your grace and healing power to work in my body and mind. I trust that You are powerful and looking for an opportunity to show your power in me and through me.

Father, You rescued me from the dominion of darkness and brought me into the Kingdom of the Son of Your Love. I was in darkness, but now I walk in Your light. The abuse is exposed and reproved by your light. It is made visible and clear, and there is light where everything is visible and clear.

Help me grow in grace, recognition, knowledge, and understanding of my Lord and Savior, Jesus Christ, so that I may experience Your love and trust You to be a Father to me. The history of my earthly family is filled with abusive behavior, hatred, strife, rage, and addiction. The painful memory of my past abuse (verbal, emotional, physical, and sexual) has caused me to be hostile and abusive to others. I break the power of stress and trauma and release your peace. I speak to every part of my body and mind and command it to be whole in Jesus' name. Function properly—the way God designed me to function.

Jesus, send your Word and heal me today. You paid the price for my healing, so I trust that You are at work in me. Holy Spirit, fill every part of me with your supernatural presence. Drive out all that is not good, holy, and true. I receive the healing You have for me today.

I confess my sin of abuse, resentment, and hostility toward others, and I ask You to forgive me. You are faithful and just to forgive my sin and cleanse me from all unrighteousness. I am tired of reliving the past in my present life, perpetuating the generational curse of anger and abuse. Lord, set a guard over my lips today and search my heart. Try me and know my thoughts. See if there is any evil way in me and lead me in the way everlasting. If anything in my life displeases You, Father, remove it in Jesus's name. Circumcise my heart and cause my desires and words to line up with Yours.

Lord, I put on Your whole armor so that I can successfully stand against all the strategies and tricks of the devil. I thank You that the evil power of abuse is broken, overthrown, and cast down. I submit myself to You and resist the devil. The need to hurt others no longer controls me or my family. In Jesus's name. Amen.

