

# HEALING GUIDE

When people say they want to heal, I believe they are saying something much deeper. I believe they are saying, there's a need that needs to be met in order for me to feel a greater sense of well-being.

It's important to get clear on exactly what healing means to you, and on exactly what you need ~ to help facilitate that healing.

Let's explore some new words to help us get clear on what we mean when we say ~ "I need to heal this."

**INSTEAD OF SAYING I NEED TO HEAL THIS, TRY...**

I'd like to develop some new habits or skills to cope with this.

I'd like to grow from this experience.

I'm ready to take the steps to change this.

I'd like to explore what I'm feeling about this situation.

Get specific about what you need to help facilitate your healing.

I need to decompress.

I'd like to feel at peace with this.