

"How to Start Healing"

(Source: BlessingManifesting)

Rediscover Who You Are (& What You Want)

Spend Time on Your Hobbies

Radical Acceptance for Your Feelings

Practice (Self) Forgiveness

Tell Your Story

Work Through the Past

Take Your Time

Practice Self-Care

Develop Positive Coping Skills

This EKG tool guides you through nine practical steps to begin your healing journey. Each step highlights simple but powerful practices for self-discovery, resilience, and emotional wellness.

1. **Rediscover Who You Are** – Self-awareness is the foundation of healing. Recognize what brings joy and meaning to your life.
2. **Spend Time on Your Hobbies** – Hobbies serve as therapeutic outlets, reducing stress and restoring balance.
3. **Radical Acceptance for Your Feelings** – All emotions are valid. Acceptance helps you embrace growth without shame.
4. **Practice Self-Forgiveness** – Forgiving yourself brings peace and allows healing to take root.
5. **Tell Your Story** – Sharing your journey fosters connection, release, and empowerment.
6. **Work Through the Past** – Understanding your past, rather than avoiding it, helps you move forward.
7. **Take Your Time** – Healing is not linear; honoring your pace is essential to lasting change.
8. **Practice Self-Care** – Prioritizing your well-being ensures you have the strength to heal and thrive.
9. **Develop Positive Coping Skills** – Healthy strategies provide resilience when facing challenges.