

## TEN WAYS TO HEAL

1. **Do Things** that bring you a sense of fulfillment, joy and purpose.  
Things that validate YOUR worth.
2. **PAY CLOSE AND LOVING ATTENTION TO YOURSELF.**  
Take care of yourself, nourishing, supporting and encouraging yourself.
3. **FORGIVE YOURSELF.** Try to release all negative emotions – resentment, envy, fear, sadness, anger. Express your feelings appropriately; don't hold onto them.
4. **HOLD POSITIVE IMAGES** and goals in your mind, pictures of what you truly want in your life. When fearful images arise, refocus on images that evoke feelings of peace and joy.
5. **LOVE YOURSELF.** And try to love others. Make loving the purpose and primary expression of your life.
6. **CREATE FUN.** Loving, honest relationships, allowing for the expression and fulfillment of needs for intimacy and security. Try to heal any wounds in past relationships, as with old lovers, mother and father.
7. **MAKE A POSITIVE CONTRIBUTION** in your community, through some form of work or service that YOU value and enjoy.
8. **MAKE A COMMITMENT TO HEALTH** and well-being, and develop belief in the possibility of total health. Develop your own healing program, drawing on the support and advice of experts WITHOUT becoming dependent on them.
9. **ACCEPT YOURSELF** and everything in your life as an opportunity for growth and learning. Be grateful. When you mess up, forgive yourself, learn what you can from the experience, and then move on.
10. **KEEP A SENSE OF HUMOR.**