

# HOW TO HEAL EMOTIONAL ABUSE

## MOVE ON

Educate yourself, learn about them, understand your accountability. You can visit with the pain of the breakup or loss but do not live there, when you are ready to get help and move on you will.

## KEEP CONTROL

Learn about boundaries, love yourself, listen to intuition, never let it happen again.

## FIND GRATITUDE

Everything you have is a gift, from the stars and flowers to the rain, give thanks every day.

## NEVER LOSE HAPPY

Put on your oxygen mask first, be the best friend to yourself that you always wanted.

## ACCEPT THAT LIFE CHANGES

Hills and valleys of life are just like chapters in a book, they begin, and they end, learn to accept changes. Rewrite the story to new possibilities.

## PERFECTION IS NOT POSSIBLE

Fairy tales are stories, Prince Charming is a Disney character, people are meant to have their own passions. Don't be fooled by someone who claims to be prince or princess charming

## LEARN YOU CANNOT PLEASE EVERYONE

Accept that it is not your job to make people happy. We each must make happiness for ourselves. Let go of criticism of you, you can't control them anyway.

## LIVE FOR TODAY

Understand the past, forget the mistakes. Remember the lesson. When we live in the past we are not living, we are reliving.

## TAKE CALCULATED RISKS

Be smart, do research, weigh benefits against risks, and listen to your intuition.

## ACCEPT THAT LIFE CHANGES

One chapter after another, you have the crayon to write the rest of the story.

## ACCEPT THE LESSONS OF FAILING

There is always a lesson, seek it out before the same lesson appears again.

## LEARN TO BE WILLING TO FAIL

Failing at something does not make you a failure. Never let failure stop you.

## BE YOUR BEST FRIEND

Learn to enjoy time alone. That means doing what you love, practice self-love. Date yourself and do the things you miss doing with a partner.

## DETERMINE YOUR CORE BELIEFS

Write them out and look at them often. If someone is violating them, evaluate and remove offenders quickly.

## CONTROL YOUR FEELINGS

Understanding that you have the power to turn bad emotions to positive ones, is a skill you must learn to use every day.

## LISTEN TO YOUR INTUITION

Accept the signs your body is telling you. Your inner child, or spirit are warning you when something is not right. Stop and Listen!

## LEARN BOUNDARIES

Define them, determine penalties, communicate them, honor yourself by enforcing them.

## UNDERSTAND FEAR

Everything you want is on the other side of fear. Remember fear steals tomorrow, it does not fix yesterday.

## WORK HARD FOR TOMORROW

No one owes you anything, but you owe yourself everything. Take care of yourself and the world is yours.

## MARRY YOURSELF

In sickness and in health, learn to self-care, provide and love yourself. When you can care for yourself without the need of someone to 'complete you' you will be happy.

## STUDY FORGIVENESS

To heal your wounds, not to erase or condone their actions, rather to detach the emotional charge from the offenses, so these events do not control your feelings or life.

## KEEP DREAMING

When you have a dream, set goals on how to get there. Working hard for your dreams brings them closer to coming true. Without a plan a dream is just a wish.

Heal the PTSD and live the life you deserve.