



Katlyn's
Healing Center

How to Direct Your Own Healing



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Prior to this Healing Practice Discussion...

- If you have not already done so, it may be helpful to review two other presentations available at Katlyn's Healing Center prior to proceeding:
 - *Start Healing Presentation*
 - *Maybe What You Have is Just "BAD" Presentation*
- They help provide some basic understanding of the causes of our emotional pain and the conditions necessary to heal. With that background information, the following discussion of the Healing Practice will be easier to understand.



Review of Healing Requirements

This presentation covers how to meet the *Start Healing* prescription for healing:

- **Safety** – move out of danger, able to meet basic needs (1st precondition)
- **Connections** – need caring, supportive relationships (2nd precondition)
- **Understanding** – knowledge of your condition and what's needed to heal, which is the focus of the Start Healing presentation (1st healing step)
- **Practice** – setting positive intentions for yourself and taking positive action, like practicing mindfulness (2nd healing step), which then leads us to....
- **Positive Experiences** – which help ease the emotional pain and restore your peace of mind over time (this is what healing feels like)



Safety, the 1st Precondition to Healing

The “Safety” precondition to healing can be the most difficult to achieve. While there are no easy answers to this problem for many, one possible approach would be:

If you feel unsafe or insecure in your home, work, school, or community, and/or cannot meet your basic needs for food, housing, and/or healthcare, for example, then:

- **You could develop a list of goals or intentions to correct or improve upon areas that make you feel unsafe or insecure.**
- **Then you could search for available support from family, friends, peers, government agencies, social service agencies, or public safety officials. There is often more help available than we are aware. We just need to search for resources and ask for help.**
- **Then, with a list of problem areas, goals for improvement, and available support, you could develop an action plan with steps to improve upon your safety. This may not be easy, but no one can do it for you. Your own initiative/actions are what matter most.**



Connections, the 2nd Precondition to Healing

The caring “Connections” precondition to healing can also be difficult, because those who suffer with emotional pain often have relationships that are unsupportive or abusive. In such cases, certain corrective actions are important to enable healing.

- If you are in a relationship that is emotionally or physically abusive, the most important action for healing is to stop the abuse or remove yourself from it.
- If you are told that *“it’s all your fault,”* and that *“you deserve”* the emotional or physical abuse, this is a lie. No person ever deserves to be abused.
- While we have no control over the behavior of others, we can still demand that abusive actions stop and remove ourselves from the situation if they do not.

This may not be easy, but no one can do it for you. Your own initiative/actions are what matter most. Since caring relationships are often needed for support as we try to correct or remove ourselves from abusive ones, we’ll discuss how to find or create them later.



Understanding, the 1st Healing Step

One reason why emotional pain is difficult to endure is that we often don't understand where it comes from and how to relieve it. Things that we may think of as normal, such as being yelled at or emotionally neglected as a child, can cause lasting damage.

- **These harmful experiences can leave us with negative thought, behavior, and belief (TBB) patterns that tend to hold us back. Because these patterns reside primarily in our subconscious mind, they are often difficult to understand and overcome.**
- **So healing normally requires a conscious effort to understand and identify our own TBB patterns (i.e. greater self-awareness) before we can begin to change our mind about ourselves and relieve some of our emotional pain.**

For example, research shows that just learning about the Adverse Childhood Experience (ACEs) study results in decreased doctors visits for those who have experienced ACEs.



Example of Why Understanding Matters

3 Guilt And Shame Messages Of Childhood Emotional Neglect And How To Defeat Them

By Jonice Webb PhD
- 3 min read



1. See article handout and reference at end

1“When... children receive the message from their parents that their feelings are a burden, excessive, or simply wrong, they take a highly effective, adaptive action. They naturally push their emotions down, under the surface so that they will trouble no one.”

“Believe it or not, this brilliant strategy usually works quite well. As a child, you become un-sad, un-angry, un-needy, and overall unemotional so that your parents are less bothered or burdened by you. Life becomes easier in the family, but life inside you becomes deeply lonely.”



Practice, the 2nd Healing Step

The key elements of the Healing Practice (i.e. “Practice”) are:

- Setting positive Intentions regarding ourselves,...
- ... combined with a consistent level of Effort,...
- ... focused toward gaining Awareness of what keeps us from meeting our intentions (i.e. what’s limiting me?)
- ... then we Develop a Plan to overcome the limitations; that requires us to make new Choices in thoughts and actions (i.e. **overcome our fears**)
- ... then we have different Experiences, better experiences, which is what’s needed to heal.



Practice Leads to Better Experiences

The information, videos, and exercises we offer are to increase understanding in areas that help promote healing. When we understand the cause of our pain and what we can do to improve our condition, we become empowered to direct our own healing journey.

- **But deeper understanding requires practice. While we may understand healing concepts intellectually, we still need to experience them to come to know them.**
- **This is why therapy by itself has limited value, because without positive experiences, we do not change our mind or feelings about ourselves or our negative experiences.**

Mindfulness practice (i.e. meditation) is one key to building self-awareness and learning to make new choices that create better experiences, such as realizing we are not our thoughts and letting fears and negative self-talk just pass.



Example of Practice Creating Better Experiences

Nothing worked for my depression — until I tried meditation

By Keri Wiginton

By Keri Wiginton February 26 at 8:00 AM



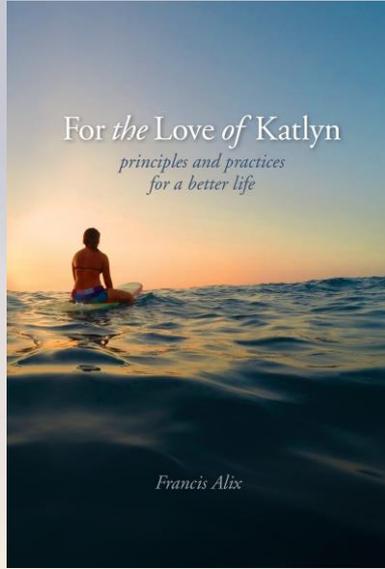
2. See article handout and reference at end

“This breakthrough was huge. I had been clinically depressed for more than 15 years. I thought this disorder would last forever. No one had ever suggested that I could change these thought patterns that made me worried and anxious.”

“Meditation ‘kind of shows us how to step back from that thinking and that feeling and to actually witness it,’ said [the] co-founder of Headspace. ‘As you dig into that, then even the feeling or the sensation of anxiety starts to break down a little bit and not feel so stark or so permanent.’”



Practice Guidance - *For the Love of Katlyn*



The book has a chapter on the Practice (provided free at Katlyn's Healing Center), which includes information on the following:

- **Daily mindfulness/meditation practice, along with journaling.** The journal is used to record the positive **Intentions** we set for ourselves, along with **Observations** and new **Understandings** that arise from our practice/experiences.
- **Daily acts of kindness (AOKs), staying in the present (SIP), gratitude practice, and regular movement & healthy nutrition** to help create the positive, healing experiences that we need.
- **Weekly review of our Intentions, Observations, and Understandings (IOU's)** as we make progress, plus weekly time set aside for **Rest and Recharge**.

Example of Intentions - Creating Caring Connections

Intention - To create and experience caring relationships.

Plan - What effort or action could help to meet this intention? First we may need to meet new people. How and where could we do that?

- Do I have skills or activities I love?.... Could work a job, or volunteer at a non-profit or school to help others. Could join activity groups, book clubs, arts groups, etc.

Then, how do I build caring relationships with the people I know or meet?...

- ... By practicing kindness and empathetic listening. The Brene' Brown video on Empathy (*Start Healing* Presentation) shows us how to connect and just be present for others. **We can make true friends by being a true friend to others.**

The key for developing caring relationships is our own effort, and our ability to be kind and present with others, which may require us to overcome some fears (i.e. Practice).



Summary - Why the Practice is Important

The main reasons why a Healing Practice is important:

- 1. The conditions that cause our emotional pain, if still occurring, will likely not improve by themselves. We need to feel safe and connected in order to heal.**
 - The Practice helps us take action to change harmful conditions, or remove ourselves from them, to create the safety and caring connections we need.
- 2. The experience of trauma and adversity results in negative thought, behavior, and belief (“TBB”) patterns that need to be overcome in order to feel better. This requires greater self-awareness and better experiences to facilitate healing.**
 - The Practice increases our understanding and self-awareness, and then promotes positive intentions and creative actions, which lead to the positive experiences we need to heal and create a sense of well-being.



Great Things about the Practice

- **It takes little time** (less than 1-hour/day), with focus on early morning and late evening activities where it is easier to make the time.
- **It's simple and easy to do, and you feel better when you do it.**
- **It leads to relief from emotional suffering and pain naturally...**
- **... and thereby reduces or eliminates dependence on other substances/activities for relief and comfort** (e.g., drugs, alcohol, cigarettes, etc.)

We understand the need for physical therapy to heal bodily injuries and restore our strength/abilities. **Trauma and adversity cause “adaptive” changes to our brain that require “mental therapy” and positive experiences in order to heal. This process can be entirely self-directed using *Intentional Creative Action*, which we call *the Practice*.**



References

1. Jonice Webb, Ph.D. (February 3, 2018). *3 Guilt And Shame Messages Of Childhood Emotional Neglect And How To Defeat Them*. PsychCentral Blogs. Retrieved from <https://blogs.psychcentral.com/childhood-neglect/2018/02/3-guilt-and-shame-messages-of-childhood-emotional-neglect-and-how-to-defeat-them/>
2. Keri Wiginton. (February 26, 2018). *Nothing worked for my depression — until I tried meditation*. The Washington Post. Retrieved from https://www.washingtonpost.com/news/inspired-life/wp/2018/02/26/nothing-worked-for-my-depression-until-i-tried-meditation/?utm_term=.954c992d1e51

