

Steps for Healing

1. GO SEE A COUNSELOR, PSYCHOLOGIST OR PSYCHIATRIST.

Get those feelings out of you. Make sure, however, that they are a right fit for you. If you aren't sure, check out the video on Healthy Support under Video Library. It's important to find someone who connects with you and can understand what you're going through. It doesn't mean they will agree with you on everything, but make sure you feel it's a positive connection. Your family and friends may not always understand what you are going through, so it's important that this person does.

2. FIND A GROUP TO GO TO.

Find others with similar stories or events and talk together. You can go online, but be careful of many online groups. They can be very toxic and some give really bad advice. We recommend getting advice from a professional and not necessarily from online groups. The online support groups should be just that; SUPPORT. ***This is very important. - If you are out of your abusive relationship and are looking for support, you are welcome to come to our online Beyond My Life Facebook group. If you are still living with the person abusing you, go to our Resource page and/or find a group locally that helps with current abuse.***

3. FIND OUT ABOUT JESUS FOR YOURSELF.

There are lots of ways to hear about Him, including TV, the internet and a local church. God knows where you should be. Ask Him today and learn Him for yourself.

4. SEARCH OUT YOUR IDENTITY IN CHRIST.

Identity is so important. Once you begin to learn who you are in Him, many of those old feelings of betrayal, hurt, pain and/or suffering from the past will stop haunting you. Focus on Him and your relationship with Him. Identity also helps us to find our purpose in life. Start by asking God to show you who you are and then follow His lead.

5. LEARN YOURSELF.

This is a biggie. Learn what you like and what you don't. Learn what scares you and learn what helps you feel protected. Acknowledge your hurts and fears even if others don't. Pray and ask God to help you get stronger. You can't really get stronger or fight anything as long as you live in denial of the power that it holds over you. Ask God to open your eyes and then let Him lead.

6. TAKE OFF YOUR MASK.

Stop pretending to be who you are not. If you see yourself doing things just to 'make' someone else happy, stop. This doesn't work. Believe in yourself. Laugh at yourself. Surround yourself with people who like you and try to build you up, not tear you down. People may not understand the real you and that's okay. You may lose some people in your life, but this step is so important. Keep being you. If you mess up, apologize, but don't just apologize to keep people in your life that don't really care about you anyway. If you are relying on these people financially or physically, then ask God to show you the way. He will provide for you.

7. HAVE FUN.

Don't just focus on the bad stuff, but learn to let your hair down and just be you. Learn to appreciate the small things in life. Be safe. If you aren't sure how to stay safe, go to our Resource page and check out the site for safety tips. Go get your nails done or your hair. Go shopping or to the movies. It's often not about spending a ton of money, but just taking time to focus on you. You are that important!

8. FIGHT FOR WHAT IS RIGHT, BUT MAKE SURE YOU ARE READY FOR THAT FIGHT.

God knows when we are ready. His power will not only protect us, but will fight for us when the time is right. Learn God's timing. Allow yourself time to heal, even if it makes you feel guilty. Guilt isn't God and often pushes us to make reactionary decisions. Learn to wait. Let Him tell you when it's time. Don't use this as an excuse to never fight. Part of healing is to stand up, face our fears and be ready for the battle.

9. LEARN TO STOP FEELING GUILTY ABOUT WHAT YOU CAN'T CHANGE.

Each time guilt is felt, we often tend to react in ways that lead us to where we don't want to go. Fight the urge to make decisions based on guilt. It takes time to stop calling yourself those bad names you have heard all of those years. The power of love should be the strongest fighting piece you have. Learning to love yourself is one of the most important steps to take and oftentimes it's the hardest. You really are perfectly and wonderfully made and God is prepared to show you that love. His love is perfect and you haven't felt anything yet, if you have yet to know the love of Jesus. There is always more. Ask Him to show you today and get ready for the love story of a lifetime to begin.

10. FIND YOUR PURPOSE.

This may take some time, but have fun finding it. Find something that you really like to do and then become the best you can be. Finding a purpose in life helps to keep our minds off of what we can't change and places it on what we really enjoy. Excel. Be the best you that you can be and don't allow others to make you feel like you aren't good enough. Start by writing down some things about what you like and things you don't like about your current work situation. Change your list as time goes forward. Let God speak to you within your list. Start to see the things you really like to do and then pray about those things. Ask God to bring you work that includes those things you enjoy. Don't just ask God to do it for you, but be included in the journey. He wants you to be a part of the choosing.

11. GET READY FOR GRACE TO REACH OUT AND TOUCH YOU.

Forgive freely and learn to be free in being just who God made you to be. It takes time to find freedom, but that is exactly where you are now headed. Life is a journey and sometimes this walk we are on is filled with struggles. Sometimes, however, those struggles are really only about how we are perceiving our journey. Is your glass half empty or half full. Work at finding positivity in your life regardless of your circumstances. Speak positively over yourself. Your new beginning starts today. Race to the finish and never live in the past again.

Ready.....Set.....GO!!!