

## **“Inner Adult” Healing Exercise**

(For “Inner Child Healing Exercise,” click on the link at the bottom of [theresacrabtree.com](http://theresacrabtree.com))

To heal emotional wounds, it is very important to feel, express and release the emotions you stuffed during the traumatic incident and since then. This is similar to healing an infected wound on your body. Although it is painful, you have to scrub the wound to prevent it from infecting the whole body and blocking the healing process.

Take a few long, slow deep breaths. Remind yourself, “I am safe. This trauma happened in the past. I survived it and now I am ready to release the emotions that are creating blocks in my life.”

Close your eyes and pray for the Holy Spirit (your inner spirit, Divine Love or Jesus Christ) to take you to an emotional trauma that you are ready to heal. You can say something like, “Holy Spirit, I really want to be healed, please show me where to begin.”

As the trauma replays in your mind, pay attention to what is unfolding. It is all recorded in your mind, like a video. Notice what you what you are feeling. Allow any emotions to rise to the surface and release. Cry. Scream. Cuss. Speak the words you have been suppressing. Let it all flow out naturally.

Ask to be shown the truth of the situation from your perspective.  
Pause to allow time for any responses.

Ask if you have been embracing false beliefs about the incident. Ask to be shown the truth.

Now ask to be shown the truth of the situation from the perspective of the other people involved.

Ask to be shown the reason the person did this to you. Was that person acting out because of painful things that happened to them? Was that person demon oppressed and being pushed into this activity?

If you did something that was out of character for you, ask if you were acting out or reacting this way because of painful things that happened to you. Ask if you were being pushed by demonic influences.

Any questions that you have had about the situation, ask them now, in your mind.

Ask the Holy Spirit if there is anything else He wants to show you related to this situation.  
Ask for His perspective of the situation.

Forgiveness is an important part of the healing process. When we hold unforgiveness towards others, it festers into anger, rage, bitterness and a host of other unhealthy emotions. Each of those also “opens doors” to demonic oppression. The Bible gives us insight on God’s opinion on the matter. “For if you forgive others their trespasses, your heavenly Father will also forgive you. But if you do not forgive their trespasses, neither will your Father forgive your trespasses.” Matthew 6:14-15 Unforgiveness adds more baggage.

Offer forgiveness with a prayer such as, “Dear God, I know that holding unforgiveness towards others is harmful to them, as well as myself. Although I don’t like what was done to me, I am handing over to You all of my harsh emotions and negative thoughts related to this situation. I forgive (name the person) for all the harm they caused me. I forgive myself for any harm I caused others. Amen”

If you are finding it difficult to forgive someone, then make a statement such as “Lord, I am willing to forgive (person’s name). Help me to forgive them.” Then fervently repeat this prayer each day until you are ready to forgive this person and untie yourself from this situation.

If you discover that you have been holding an erroneous judgment against anyone involved, offer a prayer of forgiveness for the anger, mistrust, bitterness, gossip or anything else you have held against them.

Next, ask the Holy Spirit to go to the bottom of that emotional wound and clean out all the debris, then to fill that space with Divine Love. Finally, close with a word of gratitude, ready to live a more inspired life.

*If you are having problems forgiving others, contact me at [TheresaCrabtree.com/contact](http://TheresaCrabtree.com/contact) for a SoulCleanse or to request the free “Forgiveness Exercise and Prayer.”*