

HEALING EMOTIONAL WOUNDS

Theresa Crabtree

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To heal emotional wounds, it is important to feel, express, and release the emotions that were suppressed during a traumatic experience and the time that followed.

Emotional healing is much like caring for an infected physical wound. Although cleaning a wound can be painful, it is necessary to remove the infection so healing can take place. In the same way, allowing yourself to acknowledge and release buried emotions helps remove the emotional debris that may be preventing you from moving forward.

Begin by taking several 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 have been creating blocks in my life."*

Close your eyes and invite the Creator into this healing process. You might pray: *"Dear Creator of All, I sincerely desire healing. Please show me where to begin."*

As a memory comes to mind, allow it to unfold naturally, as though you are watching a recording. Observe what happened without judgment. Pay attention to the emotions that arise. Give yourself permission to feel them fully. Allow the emotions to flow without resisting them. Speak the words you never felt able to say.

When you feel ready, begin asking the Creator to reveal truth about the situation.

Pause after each question and simply listen.

- What is the truth of this situation from my perspective?
- Have I been believing anything about this event that is not true? Please show me the truth.
- What is the truth from the perspective of the other people involved?
- Why did this person behave the way they did? Were they acting out of their own pain, trauma, brokenness, or spiritual oppression?
- If I reacted in ways that were unlike my true character, was I responding from my own unresolved pain or spiritual oppression?
- Are there any other truths You want to reveal about this situation?
- What is Your perspective?

Take your time. You do not need to force answers. Simply remain open to whatever the Creator gently brings to your awareness.

The Importance of Forgiveness

Forgiveness is a vital part of emotional and spiritual healing.

When we hold on to unforgiveness, it often grows into anger, bitterness, resentment, and other destructive emotions. These burdens not only affect our emotional well-being but can also create opportunities for spiritual oppression.

Jesus taught: *"For if you forgive others their trespasses, your heavenly Father will also forgive you. But if you do not forgive others their trespasses, neither will your Father forgive your trespasses."*

~ Matthew 6:14–15

Unforgiveness is a heavy burden to carry. Forgiveness does not excuse what happened or suggest that it was acceptable. Instead, it releases your heart from the ongoing weight of the offense and places justice into God's hands.

You may wish to pray: *"Dear Creator, I recognize that holding on to unforgiveness harms both myself and others. Although I do not approve of what was done to me, I now surrender my anger, pain, judgment, and every unhealthy emotion connected to this experience into Your loving hands. I choose to forgive (name the person) for the harm they caused me. I also forgive myself for any harm I have caused others. Please continue healing my heart. Amen."*

If forgiveness feels impossible right now, be honest with God. Simply pray: *"Lord, I am willing to become willing to forgive (person's name). Please help me forgive."*

Repeat this prayer as often as necessary. Over time, God can soften even the hardest places in your heart. If you recognize that you have held false judgments, resentment, mistrust, gossip, or bitterness toward anyone involved, ask the Creator to forgive you and release those burdens as well.

Completing the Healing

Finally, imagine the Creator gently reaching into the deepest part of that emotional wound, removing every remaining piece of pain, fear, shame, anger, and sorrow.

Ask Him to cleanse the wound completely and fill every empty place with His Divine Love, peace, truth, and healing presence.

Close your time with a prayer of gratitude, thanking the Creator for His love, guidance, and healing. Then move forward with confidence, trusting that each step of healing brings greater freedom, peace, and a more inspired life.

Additional Healing Resource

If the emotional wounds you uncovered during this exercise originated in childhood, I encourage you to continue your healing with the Inner Child Healing Exercise. This guided meditation is designed to help you gently reconnect with your younger self, release unresolved childhood pain, and invite the Creator's healing presence into those early experiences.

You can access the **Inner Child Healing Exercise** by clicking the link at the bottom of **TheresaCrabtree.com**.

Need Help with Forgiveness?

If you are struggling to forgive someone, you don't have to walk through it alone.

Visit **TheresaCrabtree.com/contact** to request a SoulCleanse® session or to receive my free **Forgiveness Exercise and Prayer**, designed to help you release unforgiveness and move toward healing and freedom.