HEALING EMOTIONAL WOUNDS

To heal emotional wounds, it is important to feel, express, and release the emotions that were suppressed during a painful experience and the time that followed. Emotional healing is much like caring for an infected physical wound. Although cleaning a wound can be uncomfortable, it is necessary to clear out what is causing the pain so true restoration can take place. In the same way, allowing yourself to acknowledge and release buried emotions helps clear out the inner weight that may be keeping you stuck.

1. Ground Yourself in Safety
Begin by taking several long, slow, deep breaths. Remind yourself: *"I am safe. This painful experience happened in the past. I survived it, and now I am ready to release the emotions that have been creating blocks in my life."*

2. Set Your Intention
Close your eyes and center yourself. If you draw strength from your faith or a connection to God, you can invite Him into this space. If you prefer a quieter, inward focus, simply set a sincere intention for clarity and peace. You might silently say or pray: *"I sincerely desire healing and clarity. Help me see where to begin."*

3. Observe and Release
As a memory comes to mind, allow it to unfold naturally, as though you are watching a recording from a safe distance.

- Observe what happened without judging yourself.
- Pay attention to the emotions that arise and give yourself permission to feel them fully.
- Allow the feelings to move through you without pushing them away.
- If it helps, softly speak the words you never felt safe or able to say at the time.

4. Explore a Deeper Perspective
When you feel ready, begin reflecting on the deeper truth of the situation. If you are inviting God into this reflection, listen quietly for His wisdom. If you are processing internally, listen to your own deepest intuition and conscience. Pause after each question and let the answers surface naturally without forcing them:

- **My Reality:** What is the honest truth of this situation from my perspective?
- **Unhelpful Beliefs:** Have I been carrying any beliefs about myself or this event that aren't actually true? What is the healthier, truer perspective?
- **Their Reality:** What might be true from the perspective of the other people involved?
- **Root Causes:** Why did this person behave the way they did? Were they acting out of their own unresolved pain, fear, or brokenness?
- **My Reactions:** If I reacted in ways that felt unlike my true character, was I responding out of my own past hurts or a sense of overwhelm?
- **The Bigger Picture:** Is there any other truth, grace, or clarity I need to see about this situation right now?

Take your time. You do not need to force immediate answers or a specific emotional reaction. Simply remain open to whatever insight, relief, or peace gently comes into your awareness.

The Power of Letting Go and Forgiveness

Forgiveness is a vital part of deep emotional and inner healing.

When we hold on to unforgiveness, it rarely stays contained; over time, it quietly grows into anger, bitterness, and resentment. Carrying these heavy burdens doesn't hurt the person who wronged us—it drains our own peace, clouds our perspective, and keeps us tethered to the past.

In the Christian tradition, Jesus taught deeply about the freedom that comes from releasing others from our debt, reminding us that as we extend grace, we also open ourselves to receive it. Across all walks of life, the core truth remains the same: unforgiveness is a heavy weight for your heart to carry.

Forgiveness does not excuse what happened, minimize your pain, or suggest that the behavior was acceptable. It also does not require you to reconnect with someone who is unsafe. Instead, forgiveness is a decision to release your heart from the ongoing grip of the offense—handing the ultimate need for justice over to God, or simply letting go of the burden so it no longer controls your future.

A Practice of Release

If you draw strength from prayer, you can speak this directly to God. If you prefer a reflective approach, read these words as a personal commitment to your own freedom:

"I recognize that holding on to anger and resentment harms my own peace and well-being. Although I do not approve of what was done to me, I choose to release my anger, pain, judgment, and every heavy emotion connected to this experience. I place these burdens into God's hands. I choose to forgive [name the person] for the harm they caused me. I also extend grace and forgiveness to myself for any harm I have caused others. May my heart continue to heal and find peace."

When Forgiveness Feels Impossible

If you aren't ready to forgive right now, be completely honest about where you are. You cannot force a wound to close before it is ready. Instead, focus simply on openness. You might pray or silently affirm:

"I am not ready yet, so I simply choose to be willing to become willing to forgive [person's name]. Help my heart soften in its own time."

Repeat this gently whenever the pain resurfaces. Over time, grace can soften even the hardest, most guarded places in the heart. Likewise, if you notice that you have carried harsh judgments, mistrust, or bitterness toward others—or yourself—give yourself permission to lay those burdens down as well.

Additional Healing Resources

If the emotions you uncovered during this exercise trace back to childhood, you may find it helpful to explore the **Inner Child Healing Practice**. This practice is designed to help you gently reconnect with your younger self, release unresolved early pain, and bring comfort and healing presence into those foundational memories. You can access this practice at: theresacrabtree.com/inner-child/

Download the free **Forgiveness Exercise**, designed to help you gently release resentment and move toward lasting freedom, at the bottom of theresacrabtree.com

Untangling deep hurt and working toward forgiveness can be heavy work. If you are feeling stuck, request a SoulCleanse® at: theresacrabtree.com/soulcleanse/

Reach out, you don't have to walk through this alone!
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