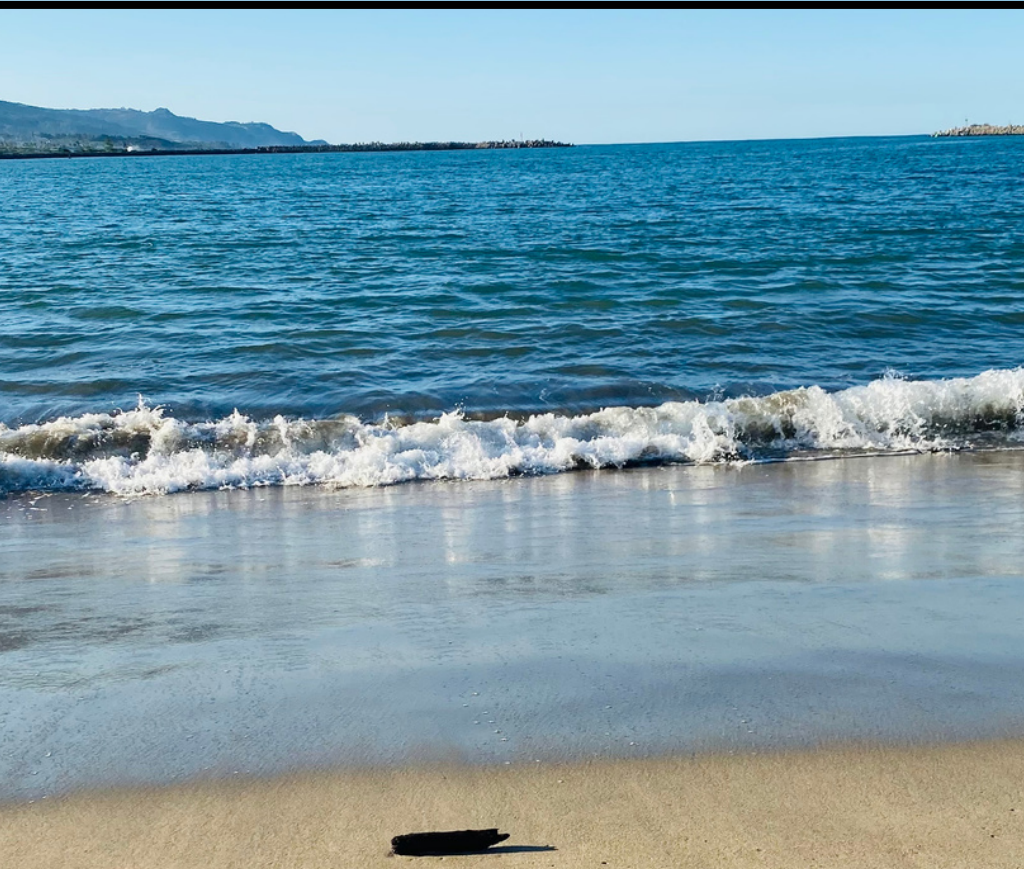


This Is Where You Start Healing.

By Brianna Aubrey



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INTRODUCTION

Hi, I'm Brieanna Aubrey.

Hello and welcome to this interactive e-workbook dedicated to helping you embark on your healing journey. I'm thrilled that you've chosen to take this important step towards personal growth and well-being.

You know, it's often emphasized just how crucial healing is, and we hear countless discussions about its significance. Yet, it's surprising how seldom we receive practical guidance or a roadmap for actually initiating the healing process. It's as if we're told to "heal, grow, and evolve," but the 'how' and 'where to start' often remain elusive.

That's where this e-workbook comes in. It's designed to be the perfect starting point for your healing journey. While this journey may present its challenges, my hope is that you'll leave with valuable tools and resources that you can apply to your life.

I'm Brieanna, but you can call me Brie. I'm a Certified Life Coach, and I'm here to share insights, provide guidance, and offer you genuine support throughout this journey. I want you to know how proud I am of your decision to start healing.

So, without further ado, let's dive in and begin this transformative journey together. We've got a lot to explore and discover, and I can't wait to see the incredible progress you'll make. Let's get started!



Forgive yourself & others.

Let's talk about one of the most transformative aspects of healing: forgiveness. It's a real game-changer, and it starts with forgiving both yourself and others. You know, forgiving yourself can be quite a tough nut to crack. We often find it easier to forgive others for their mistakes than to extend that same compassion to ourselves. It's like that nagging feeling when you keep dwelling on poor decisions you've made or the times you stayed in a toxic relationship, even when you knew it was detrimental to your well-being. But here's the thing: it's time to release that burden.

You need to forgive yourself for those missteps. It's okay that you made some bad decisions. It's okay if you weren't the perfect parent or if you found yourself trapped in that relationship because it was all you knew. What truly matters is the lessons you've learned from those moments and your commitment to avoiding similar situations in the future. What matters most is what you can do right now, in this moment, to shape your life moving forward. But to do that, you must genuinely forgive yourself, not just in words but in your heart and soul. It's about letting go of the self-criticism and embracing self-compassion. Beating yourself up over past choices or dwelling on what could have been is counterproductive. Every time you do that, you're becoming your own worst enemy. I know it may not be easy, but it's essential to let go of that self-blame.

Now, let's dive into the art of forgiving others. Forgiveness is a gift you give yourself, not the other person. When you forgive someone, you unlock a newfound sense of freedom within yourself. The key to forgiveness is genuine understanding—understanding that what people do to you is often more about their own struggles than anything you've done.

PT.2 Forgive yourself & others.

When someone hurts you, it's often a reflection of their own pain. By not forgiving them, you're actually causing more harm to yourself than to them. Forgiveness doesn't mean you have to welcome them back into your life or even inform them of your forgiveness. It's a personal choice you make, silently and without explanation. By forgiving others, you liberate yourself from the weight of anger, sadness, and bitterness. Do it for your own sake because you deserve to live a life free from those suffocating emotions. It might sound cliché, but it's time to "let go and let God." Forgiveness is a journey that takes time and grace, but the longer you carry the burden of unforgiveness, the heavier your life will feel.

Here's a little exercise for you:

Grab your journal and jot down the names of every person or situation you haven't forgiven. Then, take a moment to write down how you feel when their name or that situation is brought up. Reflect on those pages, and consider what you need to make peace with forgiving them. It's a powerful step toward healing and finding true inner peace. You've got this!

I have not fully forgiven:

I feel {} around them or when their name/situation is brought up:

I need {} in order to forgive:

Your habits can be a hindrance .

Your journey to healing is a precious one, and we understand that sometimes your own habits can be the roadblocks on that path. It's important to recognize that when you find yourself caught in the cycle of repeating the same old habits, growth becomes elusive. Even seemingly small habits, such as your morning routine, daily dietary choices, or the company you keep, all contribute significantly to shaping who you are. Habits aren't just routine actions; they are the building blocks of your identity. Therefore, it's crucial to approach life with mindfulness and intention, carefully selecting the habits that serve your well-being—both physically and mentally. These habits create patterns that, in turn, influence your journey towards healing.

Consider this: when you say something as simple as, "I'll go workout tomorrow," but continually put it off, you unknowingly entrench yourself in a counterproductive cycle. Breaking free from this cycle requires a conscious effort to change your habits, and in doing so, you change the patterns that shape your life. By establishing healthy habits, you pave the way for your healing journey to flourish.

But how can you begin crafting healthier habits or challenging the unhealthy ones? Let's start small, shall we? The key is commitment. Commitment to the things you know you should be doing.

Think about the little things, like brushing your teeth before bed, scheduling that workout, or ensuring you stay hydrated throughout the day. When these thoughts pop into your head, act on them immediately. No excuses, no overthinking—just commit to it.

Starting with these small actions will help you gradually build the capacity to commit to more significant changes. It's a process that retrains your brain, instilling the habit of embracing the healthy practices you need on your healing journey.

Now, here's a challenge for you: commit to one small thing and one significant change for the next 30 days. Keep a journal to document your progress, noting how you feel and how you're managing. Remember, it's okay to have days when you falter or can't fully commit, as long as you're making a conscious effort to try. Your healing journey is a personal voyage, and we're here to support you every step of the way. Embrace change, embrace commitment, and watch as your life transforms in beautiful ways.

How you think , is how you feel and how you feel is how you act.

Let's start by acknowledging a fundamental truth: how you think of yourself matters, profoundly. Your perception of your life matters, too. Equally important is how you view others. These thoughts, these perceptions, wield an extraordinary power, one that can significantly influence the course of your life. In today's world, we often hear the phrase "think positive and you will live a positive life." But we know, deep down, that life isn't always sunshine and rainbows. It's a mix of highs and lows, triumphs and tribulations. The key isn't merely to maintain a facade of perpetual positivity but to find a state of inner peace. Remaining at peace means that, regardless of the challenges life throws your way, you possess the resilience to handle them with grace, understanding, and authenticity. It's about recognizing that the belief that your life is perpetually terrible is a deceptive narrative you tell yourself when you feel overwhelmed by a particular moment or season.

It's essential to stop allowing fleeting moments or challenging seasons to dictate the entire trajectory of your life. Why? Because what we think, we feel, and what we feel, we act upon. If you persistently believe that your life is terrible, it's a thought pattern that can lead to feelings of worthlessness, loneliness, and sadness. These emotions can turn into actions that leave you feeling stuck, unproductive, and detached from your true self.

Now, I'm not here to suggest that you should never entertain negative thoughts. We're all human, and it's natural to have moments of doubt or pessimism. However, what I will strongly advise is this: do not let yourself dwell in those moments. When they arise, feel them, acknowledge their presence, and take a moment to identify why they're there or what triggered them.

For instance, if you find yourself believing that your life is going nowhere, embrace that feeling for a moment. Probe deeper: why do you feel this way? Perhaps it's because you've faced a series of setbacks or endured a relentless string of challenges. Once you've pinpointed the root cause, it's time to discover practical ways to lift yourself up. Turn to the things that bring you joy – maybe it's your favorite song that never fails to lift your spirits. Tidy up your living space, as a clean environment often contributes to a clearer mindset. While doing so, practice deep breathing to center yourself. Seek out these small yet potent actions that can help you rise above negative thoughts.

Because here's the bottom line: you will not entertain thoughts of inadequacy or unworthiness on my watch. You are destined for prosperity. Your life is not, and will never be, irredeemably terrible. You are not stuck, and rest assured, you will weather this storm or season, emerging stronger and wiser on the other side.

Believe in yourself, for I certainly do.

Decide when enough is enough.

Life is a journey, and along the way, we all reach points where we need to make important decisions. Sometimes, it takes hitting rock bottom to truly recognize the need for change, but it doesn't have to be that way for everyone. You have the power to choose when you've had enough of certain aspects of your life.

Think about your friendships – are they still serving your growth and happiness? Consider your job – is it fulfilling, or do you feel like you're stuck in a rut? And perhaps most importantly, reflect on whether you're tired of constantly living in survival mode. The key here is that the decision is in your hands. You get to decide when "enough is enough" for you. Once you make that decision, it becomes the starting point of your journey towards a better and more fulfilling life.

But here's the crucial part – when you decide you've had enough, commit to it wholeheartedly. Don't second-guess yourself, overthink, or make excuses. When you're done, you're done. It's a promise to yourself that you're taking charge of your life.

Remember, you are the only one who truly knows when you've reached that point, and once you make that decision, you'll not only know it in your mind but also feel it deep within your heart. So, trust yourself, be kind to yourself, and take that courageous step forward. Your journey to a happier and more fulfilling life begins with your decision to say, "Enough is enough."

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Journal Prompt:

Have you ever reached a point in your life where you were like “ yeah its time to make a change, I cant live like this anymore”, if so, what was that moment and what did you do moving forward:

LETS TRY THIS JOURNAL PROMPT:

Have you ever reached a pivotal moment in your life where you thought to yourself, "It's time to make a change; I can't continue living like this"? If you have, I'd like to invite you to reflect on that transformative moment and share your thoughts on what steps you took to move forward.

We all encounter those crossroads where we recognize that the path we're on isn't leading us toward the life we truly desire. It's a moment of clarity, a turning point, and it's a universal experience that touches us all at some point or another.

Perhaps it was a job that no longer fulfilled you, a relationship that had run its course, or simply a feeling of stagnation that prompted this realization. The circumstances may vary, but the emotions that accompany such a moment are often intense and deeply personal. In your journal, take the time to delve into the specifics of that moment. What triggered your realization? How did it feel? What thoughts and emotions were swirling within you? Writing about these aspects can be both cathartic and illuminating. Then, let's explore the second part of this prompt: what actions did you take after making this profound realization? Did you embark on a journey of self-discovery, seek new opportunities, or make changes to your daily routine? Sharing your post-moment journey can provide valuable insights for yourself and potentially inspire others who may be at a similar crossroads.

Feel free to pour your heart into your response. This journaling exercise is a safe space for you to reflect on your personal growth and to celebrate the courageous steps you've taken in pursuit of a more fulfilling life. Your story matters, and your experiences can offer comfort, inspiration, and guidance to those who may be navigating their own path of change.

Remember, this is a journey, and you're not alone on it. Your journal is your companion, a place where you can honor your past, embrace your present, and envision your future. Take your time with this prompt, and let your words flow as you explore the pivotal moments and transformative actions that have shaped your life.



CHECK YOUR HEART,
MAKE SURE YOUR HEART
IS IN THE RIGHT PLACE.

Stop rushing your healing journey.

Often, we find ourselves weary from the journey, eager to reach an elusive finish line. But the truth is, there is no finish line in the process of healing. Healing is often an infinite journey, and that's perfectly alright. There are no set timeframes or age constraints dictating when you should be 'fully healed.' In fact, for many, 'full healing' may never be the destination. Instead, it's about mastering the art of navigating life in the healthiest way possible.

We tend to burden ourselves with unnecessary worries and stress, thinking, 'I should have achieved this by now' or 'I should be doing that.' Let me reassure you, it's okay. Life itself is a journey, just as healing is. Take your time and be gentle with yourself. You are on your unique path, moving at your own pace, living your life in your way.

Remember, as long as you're committed to the process and intentionally showing up for yourself, everything will eventually fall into place. Embrace your journey, for it's in these moments of self-discovery and growth that you find your true strength and resilience. You're not alone on this path, and together, we can navigate the winding road of healing and personal growth

Accountability

Accountability – it's a word that can make some of us squirm. The idea of being held responsible for our actions can be quite unsettling, especially when we're on a journey of healing. However, let me assure you, it's a crucial step on the path to self-discovery and growth. Embracing accountability can be a game-changer, helping you develop a deeper sense of self-awareness while preventing the formation of a victim mindset.

Now, I understand that being held accountable can be a tough pill to swallow, especially if you're someone who values living in your truth. It requires openness to hearing and understanding that sometimes, you might have been the one in the wrong, the source of toxicity, or perhaps could have handled a situation better. But remember, accountability opens up a whole new space for authenticity, safety, and truth.

When you can acknowledge your role in a situation, it paves the way for personal growth and improvement. You see, none of us are perfect, nor should we strive to be. We are human, and with that comes a collection of unique experiences, some of which can lead to moments where we must confront our own actions and their consequences.

So, **here's a challenge for you:** the next time you find yourself in an argument, disagreement, or any challenging situation, take a step back. Pause and reflect on the part you played in that situation. Then, consider the perspective of the other person involved. Finally, look at the situation as a whole, embracing the totality of it. This practice can help you become more adept at considering all factors, fostering the habit of self-reflection, and encouraging you to look in the mirror, acknowledging your own contributions. Of course, it's worth noting that there are situations where others are unequivocally in the wrong – we'll save those for another discussion!

Remember, the journey toward accountability is not about perfection; it's about becoming a more self-aware, empathetic, and authentic version of yourself. Embrace it, and watch how it transforms your path of self-discovery and personal growth.

Your feelings are not facts. Your truth is not always THE Truth.

I've been eagerly anticipating delving into this topic with you. It's crucial to understand that our feelings, while undeniably important and a significant part of our human experience, are not necessarily synonymous with facts. How we feel is undeniably valid, but it doesn't automatically translate into objective truth. The landscape of our emotions is ever-changing, and our feelings have the potential to lead us astray, obscuring our perception at times.

It's worth noting that just because something feels true to us doesn't make it an absolute truth. There are instances when our emotions can cloud our judgment, causing us to perceive, hear, and understand things from a distorted perspective. Our emotional lens can alter our perception, causing misunderstandings and misinterpretations, ultimately preventing us from comprehending the full picture.

I'm sure many of you can relate to these experiences. However, what I want to emphasize is that while your feelings may not always align with objective facts, they are undoubtedly valid within the context of your personal human experience. It's essential to acknowledge and process these feelings, but it's equally vital to do so with a clear and calm mind.

To achieve this mental clarity, consider taking some time for yourself. Engage in activities like meditation or simply go for a leisurely walk—whatever helps soothe your mind and body. Once you've reached a state of calm, you'll find it much easier to process and make sense of your feelings. It's worth noting that some individuals can achieve this clarity in the heat of the moment, while others may require more time and space. Remember, both approaches are perfectly valid.

Ultimately, the goal is to strike a balance between acknowledging the importance of your feelings and recognizing that they may not always reflect the objective reality. By fostering a calm and clear state of mind, you'll empower yourself to navigate your emotions and experiences more effectively, ultimately leading to a more balanced perspective on the world around you.

When you heal Internally you heal Externally.

When you embark on the journey of healing from within, you open the door to a remarkable transformation in your life. The changes that occur when you address internal wounds like trauma, anxiety, and even the darkest of thoughts can be nothing short of miraculous. I know this because I've been there myself. During the depths of my battle with depression, I didn't just feel the weight of my emotions; I wore them on my face and in my posture. I didn't recognize the person staring back at me in the mirror, and my days often passed in a numbing haze of darkness. My body suffered too, as exercise, sunlight, and self-confidence became distant memories.

However, as I gradually overcame my depression, I started to prioritize my physical health and overall well-being. The transformation was profound. My confidence began to grow, and I discovered a newfound commitment to exercise and self-care. The energy I radiated became more authentic and light; the heavy burden that had weighed me down for so long began to dissipate. I could finally breathe freely, both internally and externally.

The beautiful truth is that you can experience this transformation too. You can step into a new phase of your life, one filled with peace and fulfillment. It's important to remember that healing takes time, but as long as you're committed to living authentically and intentionally doing the necessary work to lead a healthier life, you can achieve it. So, take the first step on your healing journey. Your future self will thank you for the care and compassion you're about to invest in yourself. You have the potential to thrive and breathe freely once more, inside and out.

CONCLUSION

Healing is a way of Life.



I sincerely hope that you've found valuable insights and tools to support you on your personal journey towards healing and self-improvement. It's truly heartwarming to know that you've taken the time and effort to seek out knowledge and resources here. I want you to know that it has been an absolute pleasure sharing these gems with you. My heart is filled with gratitude for your trust in my guidance and your commitment to self-improvement. Your pursuit of personal growth is inspiring, and I'm honored to have been a part of your journey.

As you reflect on the knowledge you've gained from this e-book, I would greatly appreciate your feedback. Your insights and experiences are incredibly valuable, and they can help not only me but also others who may come across this e-book in the future. Please don't hesitate to reach out via email or direct message to share your thoughts and how this resource has benefited you. Your feedback will be warmly received and genuinely appreciated. Once again, thank you for choosing this e-book as a companion on your path to healing and self-discovery. I hope it has been a source of support and inspiration for you. Remember, I'm here to support you on your journey, and I'm sending you lots of love and positive energy.