

# 7 STAGES OF EMOTIONAL HEALING



1

## AWARENESS

The first stage involves recognizing and acknowledging your emotions and the wounds you carry. It's about becoming aware of the pain or trauma you've experienced and how it's affecting you.



2

## ACCEPTANCE

Acceptance means acknowledging that the pain is real and valid. It involves letting go of denial and resistance and embracing your emotions without judgment.

3

## EXPRESSION

In this stage, you allow yourself to express your emotions in healthy ways. This might include talking to a therapist or trusted friend, journaling, or engaging in creative outlets like art or music.

4

## UNDERSTANDING

Understanding involves gaining insight into the root causes of your emotions and behaviors. It's about exploring the underlying beliefs, patterns, and experiences that contribute to your pain.

5

## FORGIVENESS

Forgiveness is a crucial stage in emotional healing. This doesn't necessarily mean forgiving others for their actions, but rather releasing resentment and anger that may be holding you back. It's about freeing yourself from the burden of carrying grudges.

6

## RELEASING:

Releasing involves letting go of the emotional attachments to past hurts. It's about surrendering control and allowing yourself to move forward without being weighed down by old wounds.

7

## INTEGRATION

The final stage is integration, where you incorporate the lessons and growth from your healing journey into your daily life. It's about creating a new sense of self that is stronger, more resilient, and more compassionate.



# Top Emotional Healing

**Thomas Griffiths**



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