



# HURT IS UNIVERSAL

How you handle it determines how it affects you.

You have control over your emotional health.



# 5

WAYS TO  
HANDLE HURT

## Identify Your Emotions

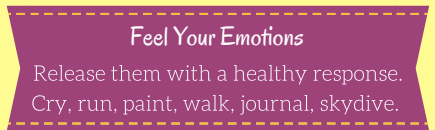
Appropriating proper emotions & the level of intensity equips you to respond appropriately.

- *What do I need in order to heal?*
- *What can I change to begin healing?*
- *Do I need to ask for, receive, or offer forgiveness?*
- *What behaviors or attitudes do I need to change?*
- *Do I simply need to choose to heal in order to move on?*



## Accept the Hurt.

Acknowledging the pain begins healing. Denying or masking the pain affects your physical, emotional & spiritual health.



## Feel Your Emotions

Release them with a healthy response. Cry, run, paint, walk, journal, skydive.



## Identify Your Needs for Healing, Reconciling, or Moving Forward

Seek what you can control and change. Ask important questions



IT'S ALL UP TO YOU

## Do What It Takes To Heal

Implement steps 1-4. Reach out to caring people. Take care of yourself. Start the healing process

