**WHAT ARE MY HURTS & HEARTACHES?**

**WHAT PAST OR PRESENT HURT IS MY HEART/MIND HOLDING ON TOO?**

**EVERYBODY HAS PAST HURTS, NO ONE IS HURT FREE.**

**SOMETIMES PEOPLE HANG ONTO HURTS AND HEARTACHES THEIR WHOLE LIVES.**

**MY HURT: MY HURT:**

**WHY AM I HOLDING ONTO IT? WHY AM I HOLDING ONTO IT?**

**HOW CAN I LET IT GO AND BE SET FREE? HOW CAN I LET IT GO AND BE SET FREE?**

**MY HURT: MY HURT:**

**WHY AM I HOLDING ONTO IT? WHY AM I HOLDING ONTO IT?**

**HOW CAN I LET IT GO AND BE SET FREE? HOW CAN I LET IT GO AND BE SET FREE?**

**MY HURT: MY HURT:**

**WHY AM I HOLDING ONTO IT? WHY AM I HOLDING ONTO IT?**

**HOW CAN I LET IT GO AND BE SET FREE? HOW CAN I LET IT GO AND BE SET FREE?**

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**WHAT ARE MY PAST & PRESENT HURTS?**

**LIST THEM BELOW, BUT KEEP IN MIND THAT SOME MEMORIES OF THE PAST**

**MAY SURFACE AT A LATER TIME, FILL THEM IN AS THEY APPEAR**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**REMEMBERING THE PAST MAY BE HARD! I CAN FACE IT! I’M STRONG!**

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**POSITIVE THINGS I WILL DO TO ACCEPT MY CURRENT HURT/PAST EVENTS**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**I ACCEPT MY PAST! I ACCEPT ANY HURTS THAT MAY HAPPEN TODAY!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**LIST OF IDEAS ON WAYS TO HEAL HURT(S)**

|  |  |
| --- | --- |
|  | |
| **TALK TO SOMEONE/FRIEND** | **ACCEPT THERE PROBABLY WILL BE NO APOLOGY** |
| **LIVE LIFE ONE DAY AT A TIME** | **PRAY ABOUT IT/ASK GOD TO TAKE THE PAIN AWAY** |
| **CRY A GOOD HEAVY CRY** | **LOVE YOURSELF FOR WHO YOU ARE** |
| **SAY, “I LET MY HURTS GO”** | **QUIT RE-LIVING THE MOMENT IN YOUR HEAD** |
| **SEE A COUNSELOR/THERAPIST** | **LET GO OF FEELING LIKE A VICTIM** |
| **FORGIVE THEM** | **DON’T GIVE OTHER PEOPLE POWER OVER YOU** |
| **CREATE NEW POSITIVE MEMORIES** | **DO SOMETHING SPECIAL FOR YOURSELF** |
| **JOIN A SUPPORT GROUP** | **LET GO OF WONDERING “WHY ME?”** |
| **TAKE THIS TIME TO GROW** | **FACE THE PAIN AND DON’T AVOID IT ANYMORE** |
| **TAKE CARE OF YOURSELF** | **SURROUND YOURSELF WITH CARING PEOPLE** |
| **PLAY RACQUETBALL** | **FIND POSITIVE WAYS TO GET YOUR PAIN OUT** |
| **PUNCH INTO A PILLOW** | **IF SAFE TO DO – TALK TO THE PERSON ABOUT IT** |
| **KNOW YOU’RE NOT HELPLESS** | **QUIT REPEATING THE STORY/EVENT TO OTHERS** |
| **BELIEVE IN YOURSELF/STRENGTH** | **STOP BLAMING THE OTHER PERSON/YOURSELF** |
| **REMEMBER GOOD MEMORIES** | **GO SOMEPLACE PRIVATE AND SCREAM** |
| **DO SOME FUN ACTIVITIES** | **TRY NOT TO LET YOUR HURT AFFECT YOU** |
|  | |
| **DON’T TAKE THINGS PERSONAL - MEAN PEOPLE MAY BE HURTING SO THEY HURT OTHERS** | |
| **USE YOUR PAIN TO BECOME A BETTER YOU/PERSON** | |
| **DO NOT NUMB YOURSELF TO THE PAIN – FEEL IT, ACCEPT IT, THEN LET IT GO** | |
| **ASK - “WHY AM I LETTING SOMEONE’S COMMENT/BAD BEHAVIOR HURT ME?”** | |
| **IF YOU NEED MORE TIME TO MOURN YOUR HURT(S) – TAKE IT** | |
| **WHEN MEMORIES OF A HURT APPEAR – THINK ABOUT SOMETHING ELSE – SOMETHING NICE** | |
| **TELL YOURSELF, “I’M IN CONTROL OF ME!”** | |
| **CHANGE YOUR THOUGHTS TO BECOME FREE OF THINKING ABOUT YOUR HURTS** | |
| **MAKE THE CHOICE TO NOT FEEL THE HURT ANYMORE** | |
| **KNOW YOU ARE A WONDERFUL PERSON WHO DIDN’T DESERVE IT – AND MOVE ON** | |
| **EACH MORNING TELL YOURSELF, “TODAY I’M GOING TO BE FREE!”** | |
| **WRITE DOWN ALL YOUR HURTS THEN THROW THEM AWAY** | |
|  | |
| **FIND SOMETHING YOU ARE PASSIONATE ABOUT/HOBBY/VOLUNTEER ORGANIZATION** | |
| **ACCEPT IT HAPPENED, MOVE FORWARD TO A BETTER LIFE** | |
| **REALIZE YOU ARE THE ONE CAUSING THE PROLONGED PAIN TO YOURSELF** | |
| **DO NICE THINGS FOR OTHERS TO GET YOU FEELING BETTER/HAPPY/JOYFUL** | |
| **DON’T REPLAY WHAT YOU COULD HAVE SAID OR DONE DIFFERENTLY** | |
| **WHEN PEOPLE ARE MEAN - IT’S ABOUT THEIR ISSUES/NOT ABOUT YOU PERSONALLY** | |
| **DO DISTRACTIONS TO HELP FORGET ABOUT YOUR PAIN** | |
| **DAYS ARE FILLED WITH GOOD & BAD EVENTS – WRITE THEM DOWN AND LET EACH DAY GO** | |
| **FOCUS ON HAVING PEACE, GRATITUDE, JOY, & HOPE** | |
| **KNOW THAT EVERYONE HAS ISSUES AND SOME HURT PEOPLE WILL HURT OTHERS** | |
| **REALIZE THE PERSON MAY NOT EVEN KNOW THEY HURT YOU** | |

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**POSITIVE THINGS I WILL DO TO HELP HEAL MY HURT(S)**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**MY HURT DOES NOT DEFINE ME! I’M STRONGER THAN MY HURT(S)!**

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**WHAT ARE MY UNHEALED HURT(S) WHY AM I HANGING ON TO IT?**

**1.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**I’M GOING TO BE FREE! MY HURTS HAVE NO CONTROL OVER ME!**

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**WHAT HURTFUL EVENT(S) HAVE I NOT HEALED FROM YET?**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **37.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **38.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **39.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **40.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **41.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **48.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **49.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **50.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I MUST REMEMBER TO HEAL! I’M NOT AFRAID TO REMEMBER!**

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**WHAT SYMPTOMS IS MY HURTFUL EVENT(S) STILL CAUSING?**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **48.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **49.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **50.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I ACCEPT I WAS HURT! I WILL LEARN HOW TO HEAL MY SYMPTOMS!**

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**POSITIVE ACTIVITIES/THINGS THAT ARE HELPING TO HEAL MY HURT(S)**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**HEALING TAKES HARD WORK, AND I’M WILLING TO DO IT!**

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