



14 Tips To Living Outside Your Pain

Tip
01

Accept what has happened

Tip
02

Give yourself time

Tip
03

Talk about what has happened

Tip
04

Speak to others that have
experienced the same type of pain

Tip
05

Be truthful about how you are feeling

Tip
06

Get rid of negative thoughts

Tip
07

Surround yourself with positive people



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Tip
08

Grant yourself grace

Tip
09

Ask for support

Tip
10

Avoid Isolating yourself

Tip
11

Understand your feelings and work through them. Turn it over to God

Tip
12

Consider seeking professional help

Tip
13

Find some prayer partners

Tip
14

Operate in gratitude daily