



5 MISTAKES PEOPLE MAKE COPING ALONE

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INTRODUCTION

Stop Pretending You're Fine - Start Actually Healing

You've been holding it together for everyone else, but inside you're exhausted. This guide exposes the silent mistakes that keep you stuck, and shows you where real change starts.

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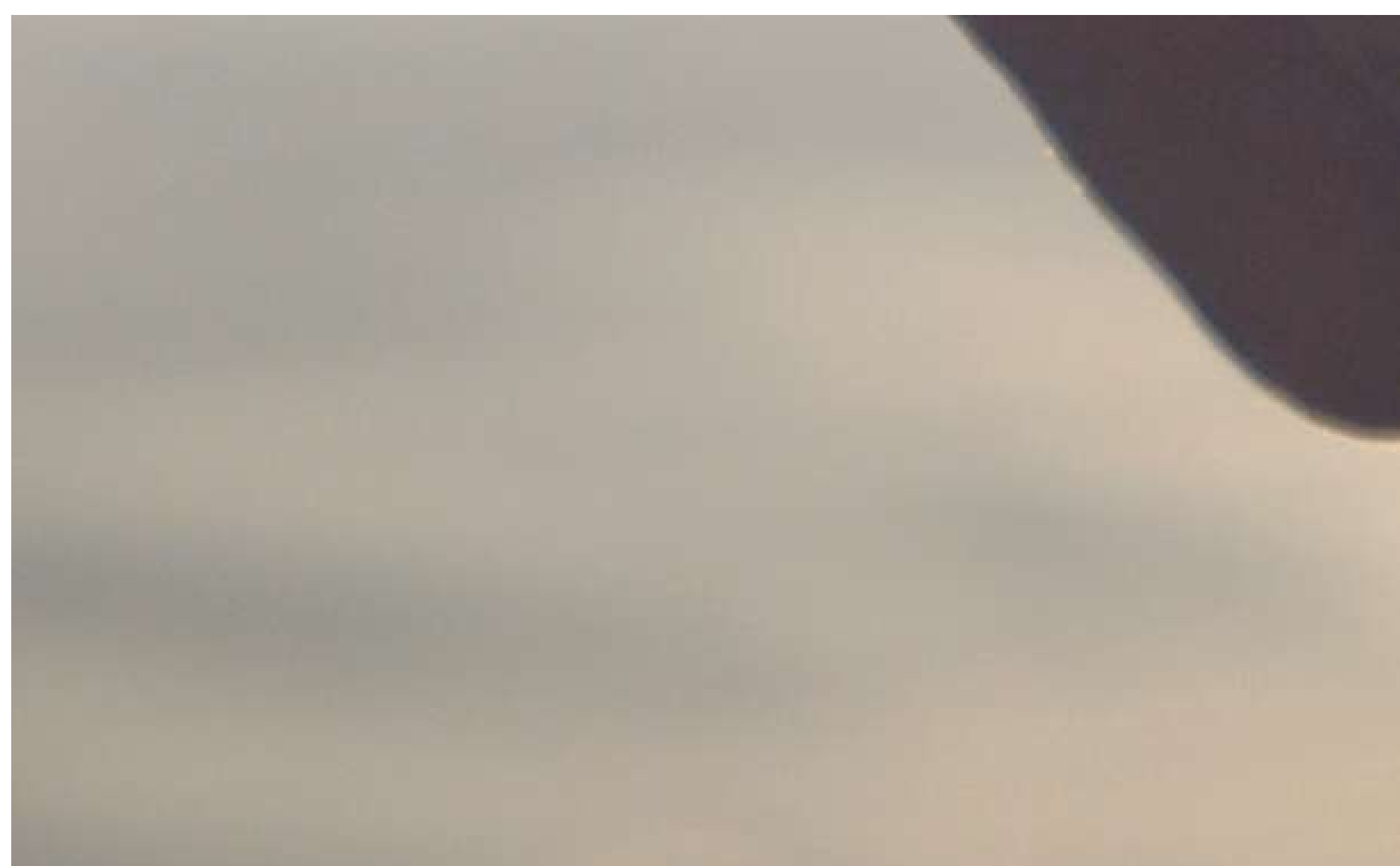
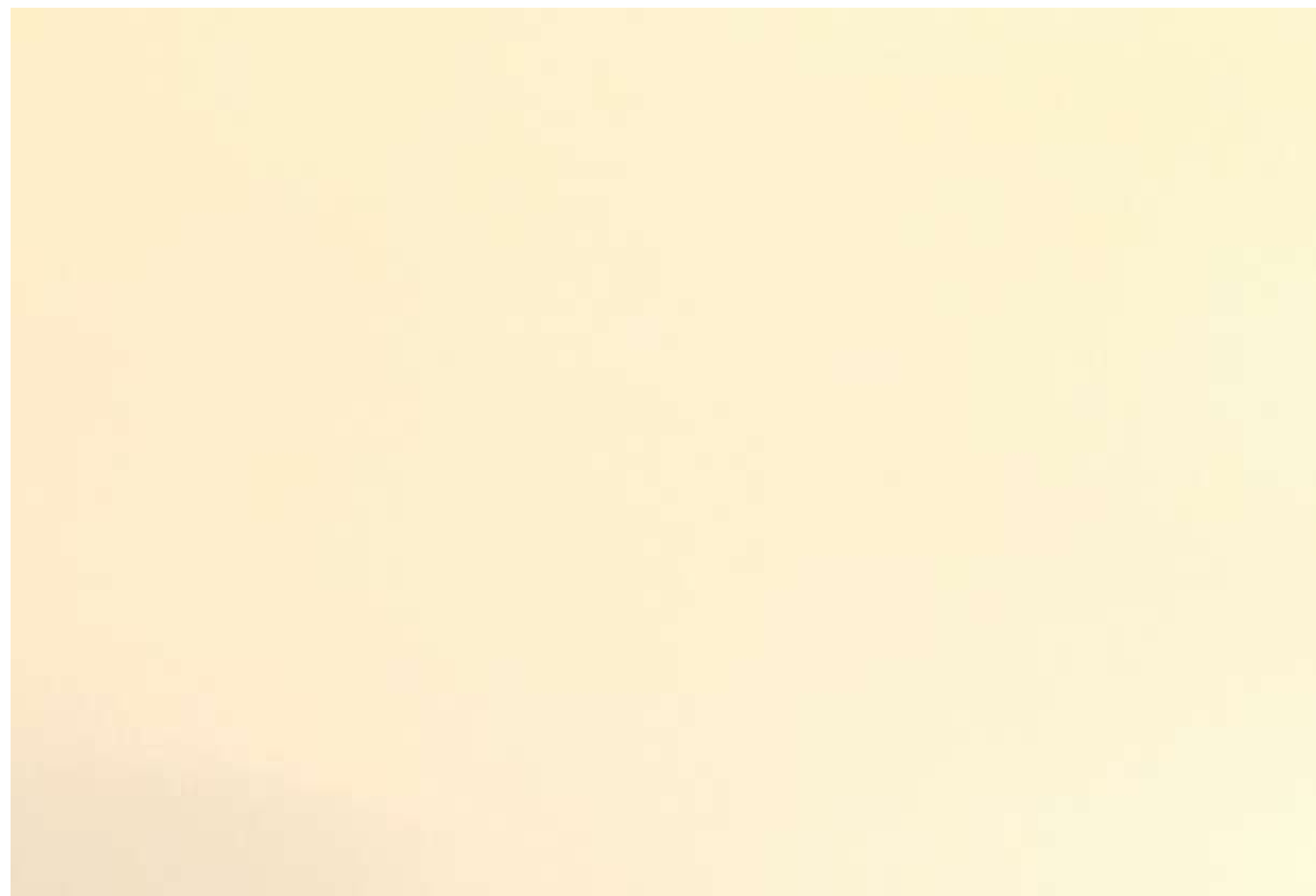
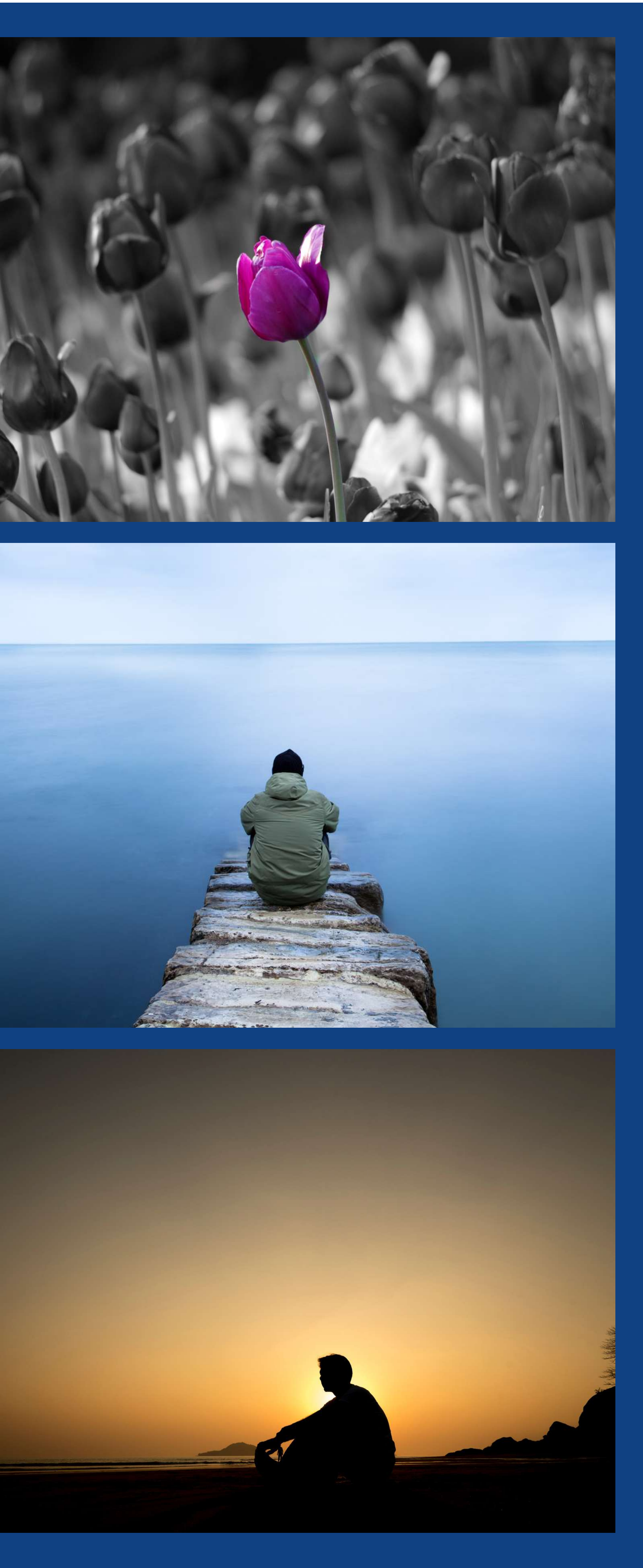


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IGNORING YOUR OWN NEEDS



Ignoring your needs is like driving on empty. Eventually, you stall in the middle of nowhere. Fill your own tank first.



Admit What You Actually Need

Write down three things you desperately wish you had right now: support, rest, time, help. Seeing it in black and white forces honesty. You can't meet needs you won't admit exist.

Start Saying No Without Explaining

Every time you overcommit, you tell yourself you don't matter. Practice saying "No" without a 3-minute excuse. Protect your energy like your life depends on it, because it does.

Do One Small Thing Just for You

Not a massive self-care overhaul. Just one thing: 5 minutes outside, a song you love, a meal you actually enjoy. Tiny acts of self-respect add up and remind you you're worth showing up for.

"YOU CAN'T POUR FROM AN EMPTY CUP. BUT YOU KEEP TRYING ANYWAY."



NUMBING INSTEAD OF HEALING



Numbing is like holding your breath underwater. You can only do it for so long before you're desperate for air.



Notice Your Numbing Habits

Pay attention to when you reach for distractions; phone, food, alcohol, overworking. Ask yourself, "What feeling am I trying to avoid right now?" Awareness is the first crack in the armor.

Create Space to Actually Feel

Five minutes alone Without distractions. Sit with the emotion instead of shoving it down. It's uncomfortable, but feelings lose their power when you finally face them.



Replace Numbing with Coping

Next time you want to zone out, try something different; write, move your body, call a safe friend. Healthy coping isn't about fixing everything, it's about giving your pain somewhere to go.



“FEELING NOTHING ISN'T THE SAME AS BEING OKAY.”

PRETENDING YOU'RE OKAY FOR OTHERS



Wearing a mask feels safe - until you forget what your own face looks like.

Be Honest with One Person

Pick one safe person and tell the truth. Not the whole messy story, just one sentence like, "Actually, I'm not okay." Vulnerability feels terrifying, but it cracks the armor you've been suffocating under.

Stop Performing in Conversations

Notice how often you say what people want to hear instead of what's real. Practice answering honestly, even in small ways. Real connection only happens when you show up as yourself.



Let Someone Help You (Even a Little)

Let a friend pick up groceries. Let someone listen without fixing. Accepting help isn't weakness, it's giving people the chance to show up for you.

**"YOU'VE BECOME SO GOOD AT
FAKING FINE THAT NOBODY
KNOWS YOU'RE DROWNING."**



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AVOIDING HARD CONVERSATIONS



You swallow your words. You walk on eggshells. You avoid conflict because you don't want to rock the boat. But unspoken truths pile up like bricks on your chest, making it harder to breathe every day.

Name What You've Been Avoiding

Write down the conversation you've been dreading. Be honest about why you're scared to have it. Seeing it clearly makes it feel less like a monster under the bed.

Plan What You Want to Say

Hard talks go better when you prepare. Write down the main point you want to make in one or two sentences. You don't need a script, just clarity.

Have One Brave Conversation

Pick one person. One topic. Rip the Band-Aid off. Hard talks don't get easier by waiting, they get heavier.



“SILENCE FEELS SAFER - UNTIL IT EATS YOU ALIVE.”

TRYING TO FIX IT ALL ALONE



Trying to heal alone is like stitching your own wounds blindfolded - possible, but messy and painful when it doesn't have to be.

Admit You Can't Do This Alone

Say it out loud: "I need help." Saying it feels like surrender, but it's actually the first real act of strength.

Reach Out to One Safe Person

Text, call, or meet someone who makes you feel seen. You don't have to dump everything, just start with, "I'm struggling more than I've let on."

Get Professional Support

Therapy. Counseling. A support group. There's power in letting someone trained help you unpack what you've been carrying. You deserve more than surviving.

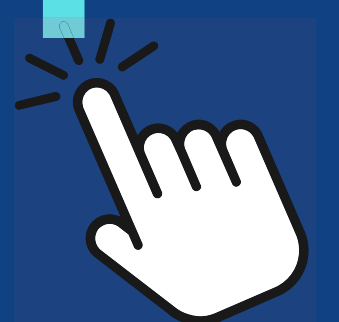


**"STRONG DOESN'T MEAN
SILENT. YOU WEREN'T BUILT
TO CARRY IT ALL."**



You don't have to do this alone, or stay stuck where you are. These raw, honest card decks give you daily truths, inner dialogue prompts, and simple coping tools to help you finally take the first steps toward healing. Whether it's anxiety, grief, trauma, or just life feeling too heavy, you'll have a guide that actually gets it.

**GET YOUR COPY
START TODAY**



Healing is a Journey.
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