The HEAL Method Part II

“One word frees us of all the weight and pain of life: that word is love.” Sophocles.

 The first two stages of the HEAL method focus on the past and that which caused the grievance. The *Hope* and *Educate* statements help us to orient our pain and loss and allow us to put them into a healing perspective. *H* reminds us that there was always something positive we wanted *E* reminds us that no matter how positive the goal, we may not get what we want.

as a reminder, begin the HEAL method with a brief practice of the Heart Focus. While keeping your attention on the area around your heart, continue to breathe slowly and deeply into and out of your belly, then craft good *H* and *E* statements.

 No matter how well we understand what lay behind our hurt, too many of us remain stuck in pain. Understanding where the hurt comes from and doing something to soothe ourselves are two different tasks. We all need to learn how to move on and hurt less.

 The final two steps of the HEAL method, the *A* and *L,* were specifically designed for this purpose. These two steps offer the opportunity to leave the hurt behind and direct the ship of your life forward.

 Some people find it difficult to let go of their hurts and move from the *E* of the HEAL method to the *A*. They get stuck after completing th*e* *H* and *E* parts because their thinking ruts caused them to repeatedly upset themselves.

 A good *Hope* statement is: “I hoped to marry Jack and have a good and long-lasting relationship.” It was personal specific and positive. And a good follow-up *E* statement, like: “I understand and accept that some relationships fail even with the best intentions of the partners.” However, a poor *E* statement such as: “I know that some relationships may end, but it is not okay that mine failed. My fiancé was wrong, wrong.” This of course is a good example of an **UNENFORCEABLE RULE**. write your statements down before using them. This way you can check them for appropriateness. If you have questions, email them to me: alwyn911@gmal.com

 Before beginning the following techniques, practice your *HOPE* statement and the *EDUCATE* statement of the HEAL method every day for a week.

*A* IS FOR *AFFIRM*

 The next step in the HEAL method is *A*, to *Affirm* your **positive intention**. Positive intention reminds us of the **life goals** that our focus on a hurtful experience has shoved aside. Resentments cause us to form a grievance story that derails our focus from our life goals. A drawback to holding grievances is that they keep us connected in a powerless way with people who have hurt us. When you mull over in your mind past wounds and hurts you remind yourself of a part of your life that did not work well. Alternatively, **positive intention** reminds us that we can grow from any hurtful experience.To affirm your positive intention reconnects you with your goals that allow you to move forward.

 When you start doing the full HEAL method, practice twice a day. This may take about 25 minutes a day to practice. However with practice, you should be able to repeat the HEAL statements to yourself more quickly so that 10 brief practice attempts could be done in 10 minutes. You will find that affirming your positive intention will help you to develop and carry out better life plans.

*L* IS FOR LONG-TERM

 The *L* in HEAL stands for making a *Long-Term commitment* to your long-range well-being. The *L* statement emphasizes the importance of practice. A strong *L* statement includes the following: “I make the long term commitment to follow my positive intention and use the HEAL method.” Or you might say: “I make a long-term commitment to learn the specific new skills I need to prosper.”

 Look for people who have successfully healed from a similar grievance. Listen to what they say, and determine how you can incorporate their positive lessons in your life. Try to model your behavior after the successful behavior of others.

 A second technique is to ask a friend or family member to let you know when you are overdoing your grievance story. Choose someone you trust, and asked them to remind you gently when you slip back into bad habits.

 One simple technique is to give yourself permission to mull over the grievance for a short period each day. You might give yourself 10-15 minutes a day to think about grievance. **But no more** **that day**. You might even set a specific time when you will do this exercise.

 The final technique is to **reward yourself** for your practice of the techniques offered. Make a journal every day of the times you practice the HEAL method. Every day you practice more than five times give yourself a treat! If you practice more than 40 times a week reward yourself with a massage, or other treat!

 You may well see improvement after your first week of practice. In many people experience significant progress after three weeks. Not much of an investment to prevent years of suffering!

 Through the HEAL method you reduce the power of your grievance. You heal yourself, and you allow yourself to recover that loving, positive direction that lay behind many of your actions. The HEAL method is particularly useful whenever a disturbing memory or painful feeling emerges.

At other times you may find it helpful to repeat silently to yourself the following: *Hope*, *Educate*, *Affirm*, and *Long-Term*. Allow those words to circulate in the area around your heart. Remember, through *Hope*, *Educate*, *Affirm*, and *Long-Term*, you are working hard to heal your wounds and make peace your reality. [[1]](#footnote-2)

1. Forgive for Good, Dr. Fred Luskin [↑](#footnote-ref-2)