

# 5 Ways to Heal From Within

A guided worksheet by Dr. Shannon | Hope Within Counseling

Healing doesn't always happen all at once.

Sometimes, it begins with small, intentional moments of awareness, honesty, and care.  
This worksheet is designed to help you gently reconnect with yourself and begin your healing journey one step at a time.

Take your time. Be honest. Give yourself grace.

## 1. Acknowledge What You Feel

You can't heal what you won't allow yourself to feel.

Reflection Prompt: What emotions have I been avoiding or pushing down?

**Check-in:** Where do I feel this in my body?

## 2. Identify the Root

Your current feelings may be connected to something deeper.

Reflection Prompt: When have I felt this way before?

**Gently ask yourself:** Is this about the present... or something from my past?

## 3. Practice Self-Compassion

Healing requires kindness toward yourself—not judgment.

Reflection Prompt: If I spoke to myself the way I speak to others I care about, what would I say right now?

**Affirmation:** I am allowed to heal at my own pace.

## 4. Reconnect With Your Body

Your body holds what your mind tries to process.

Try this:

- Take 3 slow, deep breaths
- Place your hand over your heart
- Notice what comes up without judgment

Reflection Prompt: What does my body need from me right now?

## 5. Take One Intentional Step

Healing doesn't require perfection, just movement.

Reflection Prompt: What is one small step I can take today toward healing?

Examples:

- Setting a boundary
- Journaling
- Reaching out for support
- Scheduling a therapy session

Healing begins the moment you decide to turn inward with honesty and care.

Complete this sentence: Today, I am choosing to...

You don't have to do this alone.

Healing is a journey and support can make all the difference.

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