



JAZMINE RUSSELL

Emotional Self-Healing

TRUSTING & RECLAIMING THE POWER
OF YOUR EMOTIONS

DAY 1

Myths and Truths About Healing:

WHAT WE GET WRONG ABOUT EMOTIONAL
PAIN AND TRAUMA

1.

MYTH: IF YOU IGNORE THE PAIN, IT'LL _____

TRUTH: EMOTIONAL PAIN IS THE BODY'S WAY OF
_____ AND IT WILL GET
LOUDER UNTIL WE LISTEN

1. What are the more subtle ways I may still be still fighting, stuffing, ignoring, or judging my emotions?

2. What's one challenging emotional response I have that can be reframed? What signal is my body trying to give me through that response?

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3. How do I typically deal with emotional intensity? What strategies do I use? How can I honor how it helped me survive?

4. What's one small step I can take towards feeling my emotions and empathizing with myself?

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2.

MYTH: YOU'RE CRAZY - IT'S ALL IN YOUR _____

TRUTH: EMOTIONAL PAIN HAS VERY REAL
_____ MANIFESTATIONS

1. What are the ways I've been consciously/unconsciously thinking of myself as crazy, irrational, or invalidating my emotions?

2. What have I had to do to adjust to our current society/culture? How may this have helped or not helped my healing?

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3. What physical or somatic issues do I experience regularly? How may this be related to my emotional pain?

4. What's one next step I can take to honor what my body is going through and/or better support my body?

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3.

**MYTH: IF YOU JUST FIND THE RIGHT ANSWER/
METHOD/THERAPY/TOOL, IT WILL FIX IT ALL**

**TRUTH: WE NEED MORE THAN ONE _____
TO HEAL**

1. What was/am I looking to as the “answer”? In what ways has this helped or hindered me?

2. What are some ingredients in my recipe for better emotional health? When and how can I make time for these things?

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3. What does my mind/emotional self need?

What does my body need?

What does my spirit need?

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4.

MYTH: YOU CAN ONLY _____, YOU CAN'T
CHANGE WHAT YOU'RE EXPERIENCING

TRUTH: _____ OUR PAIN, PAVES THE
PATH FOR US ALL

1. When was the last time I was in manage/maintain mode? What was/is my experience like?

2. What has helped me move beyond just maintaining?

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3. Look at the common messages we're told about emotional wellbeing from society (shown below).

Consider: Which do I most relate to or what other messages have kept me stuck? Dig into this – where did this messaging come from?

- *We believe it can't get any better or we fear what's on the other side of change*
- *We believe the lie that we're broken beyond repair (being seen as the 'problem' or believing we're just a [bad/lazy/etc.] kind of person)*
- *We need an expert to tell us what we need and how to solve the problem*
- *We're not worthy of being helped, supported*
- *Our sensitivities are a danger/hindrance rather than a gift*

4. What's one small step I can take towards transforming my pain into wisdom?

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5.

MYTH: YOU NEED AN _____ TO FIX YOU
TRUTH: IT TAKES A VILLAGE, BUT YOU ARE
YOUR BEST _____

1. Who have been the people that have helped me the most? In which ways did they best support me/contribute to my life?

2. When have I last listened to my intuition? What has it told me?

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3. When I hear the phrase "I am my own best medicine" – what comes to mind?

Check Your Inbox Tomorrow For Part 2!

TOOLS FOR EMOTIONAL CLARITY:
2 METHODS FOR UNCOVERING THE MULTIPLE
ROOTS TO OUR PAIN AND MULTIPLE PARTS OF
WHO WE ARE

- ✓ GET CLEAR ON THE ROOT CAUSES OF EMOTIONAL PAIN
- ✓ BECOME ACQUAINTED WITH THE PARTS OF YOU THAT ARE KEEPING YOU STUCK AND WHAT TO DO WITH THEM
- ✓ GET BACK IN TOUCH WITH YOUR UNDERLYING NEEDS AND DESIRES



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MENTAL HEALTH • TRAUMA HEALING • SPIRITUAL MASTERY