

Choosing: We commit to healing.

Many of us, at some level, have already taken this step by simply being here. Being willing to do whatever it takes with gentle pacing is key to full healing. If we need more energy in order to make this commitment, revisiting the Yearning and Opening Steps can help build our momentum. This does not require being sure that we will heal, just that we are willing to try.

We have the power to make choices to help us heal. Tapping into our feelings can unlock the power and understanding to propel commitment.

Examples of motivating feelings are:

- Urge to move from emotional numbness to a life filled with meaning
- Anger towards those who hurt us
- Determination to stop the cycle of trauma
- Fear of past problems returning
- Desire for authentic relationships
- Anger for losses we've suffered as a result of the trauma
- Feeling responsible for family, work, etc.
- Defiance towards the myths pushed upon us
- Desire for more joy in our lives
- Excitement about feeling better
- Hope for a better future

There are many things we can do to make it easier to choose healing. We can commit to finding ways to address our emotional needs. We can tailor our environment to be more supportive of our healing.

Here are some examples of ways of addressing emotional needs and tailoring our environments.

- Assess what needs to happen to increase safety in our internal and external environments for healing.
- Develop our support networks: therapists, mentors, spiritual advisors, supportive friends and family, Vital Cycles events, pets, etc.
- Gradually start to set some boundaries with those who deny our feelings and history.
- Use our Healing Journals to process emotions and gain clarity.
- Develop a deeper understanding of our emotions, and learn to accept them. This will help increase that sense of personal safety that supports deep healing.

The bottom line is that the more committed we are to healing, the more we will heal.

Activities: (The following activities can be done in a Healing Journal and/or with the support of others.)

Activity 1: Write and/or talk about your feelings that can give you motivation to heal. You can use the first list above to focus your thinking.

Activity 2: Design an optimal lifestyle for your healing. Get ideas from this book, others who are healing, and any other resource, and then choose those that are best for you at any given time.

Activity 3: Seek sources of healing knowledge and consult your own inner wisdom to help you heal.