

# Healing The Past

---

This worksheet is designed to assist you in healing and moving forward from the past. Follow the question prompts. When you've finished, say the answers to last question to yourself in a mirror. If you enjoyed this exercise, share it with a friend!

**1**

What happened?

---

---

---

---

---

---

**2**

How did you feel about this?

---

---

---

---

---

---

**3**

What would you do differently?

---

---

---

---

---

---

**4**

What words of encouragement would you give to someone facing this situation?

---

---

---

---

---

---

# Healing The Past

---

## The Intention behind the Questions

**"What Happened?"** The purpose of this question is to illuminate the details. By understanding the situation and your perspective, you can begin to find the places where you can regain your power of choice. When you begin to see the places where you could have chosen a different response, that is where you will find your power. Write out the situation in as much or as little detail as you like. You can write out a whole story of a scenario and then break it down into tiny pieces.

**"How did you feel about this?"** It's important to identify the emotions that arose during this interaction. You have to feel to heal. Give yourself permission to feel all the feelings that came up during this situation. It is safe to feel your feelings.

**"What would you do differently?"** This question is getting at the heart of the experience. What did you learn from it? Where do you have the power to change your approach? Where do you have the power to change your response?

**"What words of encouragement would you give to someone in your situation?"** Imagine someone else, a best friend, had just told you the above story. Imagine they told you what happened, how they felt about it, and what they would do differently if faced with the same situation again. What would you say to them as a reflection of empathy and encouragement? It's hard to be human, were you able to empathize with their story? What strengths did you see in how they handled the situation? What strengths did you see in the way they would want to handle things differently?

Once you've finished the last question, find a mirror and say the words of encouragement to yourself. This is a way of being a witness to yourself. Allow yourself to take in the words of encouragement. If you found this exercise helpful, share it with a friend!