



THE COACHING GROUP

HEALING

HEALING TAKES TIME AND PATIENCE. IT INVOLVES RECOGNISING, ACCEPTING AND PROCESSING THE WAY THAT YOU FEEL, AS WELL AS FINDING A PATH FOR YOU TO MOVE FORWARD. THIS EXERCISE IS DESIGNED TO FACILITATE A THOUGHTFUL AND STRUCTURED APPROACH TO MOVE THROUGH THE HEALING PROCESS.

Is there a loss that you need to grieve?

Who or what do you need to forgive?

Have any positives come out of this pain?

What boundaries can you put in place to protect yourself going forward?

What do you need to move forward?

