

WOUND CLEANING

Healing Takes Time & Gentle Care

Just like a physical wound, emotional wounds need more than a band aid sometimes. We take care of the hurt, clean it out, learn and grow, and keep healing.

Often, we need to have more than a band aid. Sometimes it does hurt to remove that band aid (which can represent current behaviors or emotions used to hide/mask/conceal their trauma reactions). But, after we clean the wound (doing the trauma work) and replace a better-fitting band aid (the work to release blame, shame, guilt), then over time a scar will appear. Scars don't fully go away, but they don't hurt anymore.



The Healing Steps

1 The Wound

Something hurt me. It left a wound.



Examples:

- Mean words
- Scary events
- Being ignored
- Loss or rejection
- Feeling unsafe

What happened?

2 The Band Aid

I put on a band aid to cover the hurt.



It might look like:

- Pretending I'm okay
- Getting angry
- Shutting down
- Hiding feelings
- Distracting myself

How do I cover or hide my feelings?

3 It Hurts to Remove

Taking off the band aid can hurt. That's okay. It means I'm ready to heal.



I might feel:

- Sad
- Scared
- Angry
- Nervous
- Overwhelmed

What might be hard about facing the hurt?

4 Clean the Wound

I do the hard work to heal the inside.



This can look like:

- Talking about it
- Writing or drawing
- Therapy or help
- Learning new skills
- Practicing self-care

What helps me clean and heal inside?

5 A Better Band Aid & A Scar

I replace it with a better band aid. Over time, a scar shows up.



I am learning to:

- Let go of blame
- Release shame
- Forgive myself
- Feel proud of growth
- Keep moving forward

What do I want to remember as I heal?

My Healing Toolbox

Things I can use to help my heart and mind heal.

 Deep Breathing	 Talking to Someone	 Writing	 Drawing
 Music	 Exercise	 Quiet Time	 Prayer or Meditation
 Being in Nature	 Hug or Comfort	 Reading	 Laughing

What Helps Me Heal?

Rate each one for how helpful it is for you.

 Talking about it	☆☆☆☆
 Spending time with people I trust	☆☆☆☆
 Journaling / Writing	☆☆☆☆
 Creative activities	☆☆☆☆
 Movement / Exercise	☆☆☆☆
 Quiet / Alone time	☆☆☆☆
 Anything else:	☆☆☆☆

Remember...

-  Scars don't mean you are broken. They mean you healed.
-  Healing isn't always easy or quick. That's okay.
-  You are stronger than you think.
-  You are not alone.



I am healing every day!

Be kind to your wound. Be patient with your healing. You are worthy of love and wholeness.