



DATE:

BUILDING SELF-WORTH - EP2 THE HEALING JOURNEY

DOWNLOAD #3: HEALING CHECKLISTS

Depth Matters Podcast Episode 2

READY OR NOT HEALING CHECKLIST

Place a checkmark next to the ones that feel true for you right now.

DO I NEED TO HEAL?

- Is there something inside me I keep avoiding or distracting myself from?
- Do I feel disconnected from who I really am?
- Do I explode, shut down, lash out, or run away in ways I can't fully explain or control when faced with certain circumstances or people?
- Is there a version of myself I've stopped believing in?

AM I READY TO HEAL?

THEcreativeVERSE

- I am willing to look at what hurts, even if it makes me uncomfortable.
- I am ready to be honest with myself even when it's hard.
- I am willing to feel what I have been avoiding.
- I have or am seeking enough stability and support to begin my healing journey.

AM I NOT READY YET?

- This wound feels too raw, too close, or too emotional right now.
- I need to grieve or process what happened before I can begin to heal it.
- I am still in survival mode, just getting through each day.
- I need more support, safety, stability or time before I take this step.

FOR EDUCATIONAL PURPOSES ONLY