

**4-Steps to Healing:
Letting go of the Unwanted**

Audio: [Listen to the 4-Steps of Healing from Unwanted Habits](#)

Salutations,

Have you ever wondered why we keep repeating unwanted habits?! One of my many skills is listening to people as they open up about their experiences for the purpose of healing and being better. I listen so that I can hear and sense where they are coming from. **I also listen because we all need to be witnessed right?** In all of the conversations, what is consistently revealed is **their recall of childhood experiences**. The **themes that tend to come up the most** are: feeling unsafe, sexual or physical violations, exposure to violence, harsh mistreatment from family or people in positions of authority, being misinformed or misguided or manipulated, early exposure to explicit content, being silenced or having to keep secrets, being left alone or neglected, feeling ugly or being unseen and unheard, lack of consistent warmth and affection, and being disregarded. I am here to affirm that **what happens in childhood travels with us, and we carry it and develop behaviors, habits, personalities, and characteristics that are in conflict** and can keep us **stuck, confused, unclear, uncertain, trapped, and defeated**. People often ask me: How do we free ourselves? What is it that we need to do? How can we feel better? What is the resolve? Well, my response: **go within!**

Here are **4 practical steps** to begin **healing and liberating yourself** from **unwanted habits**:

• **Step One: Identify and Name your Pain**

- Revisit your childhood traumas.
- Acknowledge your demons/shadows/hidden parts in order to eradicate them.
- What angers you? What are you carrying with you and why? What have you had to lie about? What have you not revealed? What are you scared of? What hurts you? What are you ignoring?
- Tell yourself the truth about yourself, say and speak of your wrongdoings, and question your behavior and where it stems from.
- Release your story and share it out loud; either to yourself, through a creative outlet, or to a trusted source.

The goal is to identify, name, and reveal your pain so that you can begin to heal

• **Step Two: Discover and Know who you are**

- If everything was stripped from you (your job title, money, friends, material possession, all of the things that you built your life around) who would you be?
- Who are you? What do you need? What do you want? What does love feel like? What do you require from yourself? How do you define respect? What do you require from friends and family? What are your boundaries?
- What is it that you bring, give, and provide? How do you know when you're well? How do you know when you're not well? When are you at your highest? When are you at your lowest?

- What are your customs? What is your culture? What governs you? What are your principles? What do you value? What or where is home?

The goal is to know who you are, accept who you are, and be who you are

● **Step Three: Love yourself**

- The highest expression is love. Be kind, gentle, nurturing, patient, and sincere. Be bold, be brave, and be true.
- Make healthy choices and decisions rooted in truth. Let go and release all that weighs you down.
- Trust yourself and listen to your inner thoughts that speak from within. Be honest to yourself and no longer hide
- Accept the lack of control and simply just be. Power is not control. Power is the ability to choose.
- Practice radical self-acceptance. Accept all of your experiences: the bad and good, ugly and beautiful, bitter and sweet, lows and highs, the pain and the joy, the rain and sunshine.
- Indulge and engage in taking care of yourself: internally and externally. Be conscience of what you feed your mind and body

The goal is to love yourself so that you can give and receive love in return

● **Step Four: Be Willing to Learn and Grow. Express Yourself**

- Challenge yourself in all dimensions of your life.
- Make commitments and accomplish them. Build and show integrity.
- Create and leave legacies that are bigger than yourself
- If you want to see peace and have it, then be peaceful. If you want respect and need respect, then be respectful.
- If you want forgiveness, then be forgiving. Forgiveness is not allowance. Forgiveness is acceptance.
- Be all to yourself first, and then give to others: especially the children, youth, and elders.
- Establish your philosophy and walk it like you talk it.

The goal is to be in honor

If you want to go deeper then schedule a **free** [Sample Session](#) with me. Thank you and **much appreciation** for viewing, reading, or listening to the information. Spread love by **sharing it with others** in your community. **Don't worship the steps, apply them.**

Peace and Love,

Shine Bey

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