

COPING VS HEALING



“ Be aware of the strongest tool at our disposal - self awareness ”



An unwelcome situation is triggered by an **external** factor

We are hooked on to the release. we cope but do not heal



An emotional release is triggered leading to reactions to situation



Brain releases a cocktail of hormones, as per existing neural pathway



Brain's over protection is triggered



A past experience is unlocked



An alternate neural pathway forms slowly and healing begins



We are no longer hooked to the taste of emotional outburst



Brain stops producing the cocktail of hormones



Identify the trigger, feel it and then interrupt the reaction



Understand what are we truly feeling, refer a feeling wheel

