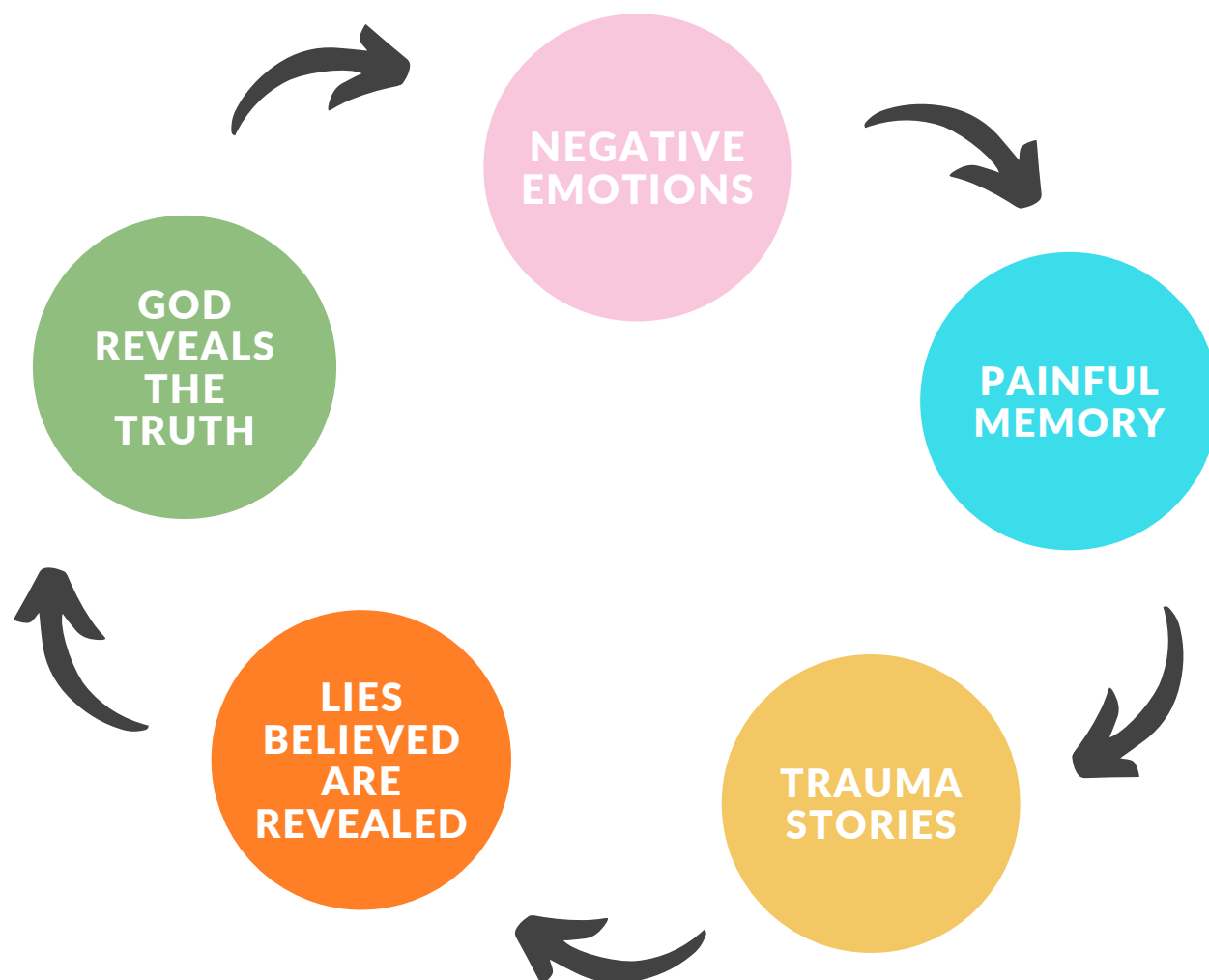


THE REVEALING FOR HEALING CYCLE



FOUR STEPS TO REVEALING FOR HEALING:

1. Start with recognizing and addressing your negative feelings and emotions.
2. Ask yourself, when was the first time I remember feeling this emotion?
3. What are the stories that you tell yourself because of that trauma? For example, I'm not good enough, nobody loves me, I'm always being left behind, etc.
4. Ask Holy Spirit to reveal the lies in those stories and show you the truth about the current situation and yourself.