
10 Steps for Handling Life's Hurts

Posted by netty - 2005/05/10 19:47

Recognize a problem exists.

Acknowledge the pain you feel—or caused.

Ask for help, guidance, another opinion.

Do one small, concrete thing to create change.

Make amends if appropriate.

Remember you always have choices.

Pray for strength, courage, healing.

Share what you've learned with others.

Don't give up hope or extinguish it in others.

Forgive yourself. Forgive others.

Re:10 Steps for Handling Life's Hurts

Posted by Sojak - 2006/01/26 17:31

Hi Netty,

I really liked this post. This is beautiful. Thank you so much for sharing!

~S
