

## **The Five Myths of Healing**

### **The First Myth: My Life Is Defined By My Wound**

#### **Questions for self-examination**

- Do you make excuses for why you're not doing more positive things with your life?
- Do you compare your history of wounds with others? If so, why?
- If you feel more wounded than someone else, does that make you feel more empowered?

### **The Second Myth: Being Healthy Means Being Alone**

#### **Questions for self-examination**

- Are you afraid that if you heal, your support group will abandon you or be less sympathetic to you?
- When you picture yourself as healed, are you the only one in the room?
- Do you see emotional wounds as a means of bonding with another person, and does healing mean having to separate from that person?

### **The Third Myth: Feeling Pain Means Being Destroyed By Pain**

#### **Questions for self-examination**

- Do you think of pain as always being an enemy?
- Have you ever learned anything from physical pain? If so, what?
- To cope with pain, are you more inclined to take chemical medication or to use meditation or some other inner discipline?
- Have you ever been addicted to pain medication or sleeping pills?

### **The Fourth Myth: All Illness Is The Result of Negativity, And We Are Damaged At Our Core**

#### **Questions for self-examination**

- Are you always searching for what you did to deserve your illness?
- Do you believe that until you uncover what you did wrong you won't be able to heal?
- Do you find yourself dwelling on negative experiences from the past, believing that doing this actually enhances your healing?

### **The Fifth Myth: True Change Is Impossible**

#### **Questions for self-examination**

- Do you think about change more than you act to bring it about?
- Do you always imagine that change will be troublesome and depressing rather than adventuresome or exciting?
- Do you think of change as something that will make your life feel out of control and chaotic?