



HEALTHY GRIEVING **BOOTCAMP** Toolkit

12 Steps to Heal a Broken Heart



Dear Self-Healer:

Congratulations! You have taken the first step in your healing journey. Thank you for trusting me with your heart as your Healn' Companion.

If you are reading this, chances are your heart has carried pain, confusion, loss or disappointment. I want you to know: **You are not alone!** Healthy Grieving Bootcamp was created from real heartbreak, real tears, and real healing. I found a way to rebuild myself from the inside out. And as I have learned, I am sharing with you.

As you move through these exercises, give yourself permission to be truthful. Healing doesn't begin with perfection. It begins with honesty. Some days you may feel strong. Some days you may feel broken. No worries. Both are part of the process. 😊

Take your time with these pages. Pause when needed. Cry when you feel sad. Pray when you feel weak. Write freely and be gentle with yourself. Healing a broken heart is about becoming whole, not the person you thought you had to be to receive love. Let's get started!

Your Healn' Companion,

Danielle Nutter

She Healn'



Healthy Grieving **Bootcamp** Toolkit

12 Steps to Heal a Broken Heart

Article 1: [3 Shocking Truths About Depression and Healing a Broken Heart](#)

Toolkit Step 1: Be Honest with Yourself'

In this toolkit, you will explore three powerful truths about depression after heartbreak. Through reflection and practical healing activities, you'll begin to identify the beliefs, emotions, and patterns that have been keeping you stuck, allowing you to take your first steps toward lasting healing.

Objectives

By completing this step, you will:

1. Understand what you're truly feeling.
2. Stop mislabeling your emotions.
3. Gain clarity instead of confusion.



Healn' Truths

Healing Truth #1

Depression is usually unhealed pain, not weakness. Unhealed pain from the wounds we carry like:

1. Rejection
2. Abandonment
3. Betrayal
4. Humiliation
5. Injustice

Healing Truth #2

Healing begins when you stop running from the pain. The way to begin repairing your broken heart is to:

1. Feel the pain.
2. Be honest with yourself.
3. Sit with the truth of what happened.

Healing Truth #3

Healing rebuilds "You" not just your heart.

You're not just healing your heart; you are becoming a new version of you. Letting go of who you were, to become who you are meant to be. True healing means:

1. Rebuilding your self-worth.
2. Learning to love yourself again.
3. Strengthening your relationship with God.

A broken heart isn't just about losing someone. It is about rediscovering yourself.



Reflection Journal



Healthy Grieving **Bootcamp** Toolkit

Step 1 Journal Prompt: 'Be Honest with Yourself'

♥ Write Honestly ♥

1. What hurt you the most in your breakup?



Reflection Journal Cont'd



Healthy Grieving **Bootcamp** Toolkit

Step 1 Journal Prompt: 'Be Honest with Yourself'

♥ Write Honestly ♥

2. What are you holding on to?

3. What do you want to admit to yourself?



Reflection Activities

Activity #1: The Truth vs. The Story

Heartbreak often causes us to create stories about ourselves, our worth, and what the future holds. While our feelings are real, they are not always the same as the facts.

Think about a painful thought you have been carrying since the breakup. Write that thought in the first column. Then separate what is fact, what is feeling, and what may be an assumption.

Painful Thought	Fact	Feeling	Assumption
Ex: They never loved me.	They left the relationship.	I feel abandoned.	Their leaving means I am not loveable.
1. Your painful thought:			
2. Your painful thought:			

The goal is not to minimize your pain, but to gain clarity about what is true and what may be fear, hurt, or self-doubt speaking.

Remember: Healing begins when we learn to distinguish the truth from the story we tell ourselves.



Reflection Activities Cont'd

Activity #2: Depression Body Check

Most people don't realize heartbreak depression shows up in the body first. Check the boxes of what you have experienced since the breakup.

- | | | |
|--|---|---|
| ☐ Sleeping too much | ☐ Brain Fog | ☐ Loss of appetite |
| ☐ Trouble Sleeping | ☐ Isolation | ☐ Emotional numbness |
| ☐ Overeating | ☐ Constant sadness | ☐ Lack of motivation |
| ☐ Anxiety | ☐ Exhaustion | ☐ Obsessive thinking |

What symptoms affect my daily life the most right now?



Reflection Activities Cont'd

Activity #3: "What Am I Really Grieving"

I am grieving...

- | | |
|--|--|
| ☐ The relationship | ☐ Emotional safety |
| ☐ The future I imagined | ☐ Family structure |
| ☐ My identity in the relationship | ☐ Financial stability |
| ☐ Feeling chosen | ☐ My confidence |
| ☐ Time invested | ☐ My self-worth |
| ☐ Physical connection | |

Complete the sentence:

The hardest thing for me to accept is ..."



Reflection Activities Cont'd

Activity #4: The Mask I Wear:

What image am I trying to maintain while secretly hurting? Fill in the blanks.

1. People think I am:

2. But internally I feel:

3. The emotion I hide the most is:

4. I avoid telling people the truth because:



Action Steps

When I feel emotionally overwhelmed, I will:

- | | | |
|--|---|--|
| ☐ Go outside | ☐ Journal | ☐ Pray |
| ☐ Call someone safe | ☐ Take a shower | ☐ Listen to healing music |
| ☐ Read affirmations | ☐ Rest without guilt | ☐ Avoid contacting my ex |
| ☐ Exercise | ☐ Scream into pillow | ☐ Eat nourishing food |

Safe people I can contact:

1.
2.
3.

One thing I need to stop doing:

1.



Bible Verse

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18

Prayer



Heavenly Father:

"My heart is hurting, and some days the pain feels heavier than I can carry. Help me to be honest about what I am feeling instead of hiding from it. Give me the courage to face my sadness, my disappointment, and my grief."

"Remind me that I am not alone in this season. When I feel hopeless, be my hope. When I feel weak, be my strength. When I cannot see the way forward, help me trust that YOU are already guiding my healing."

"Thank YOU for loving me even in my brokenness. Help me take the first step toward healing today."

"In Jesus' name, Amen."

Affirmation

"I am honest about my pain, but I am not defined by it. God is close to me, healing me one step at a time. My broken heart is not the end of my story."



Congratulations!

You have completed Step 1:

'Be Honest with Yourself'



Click to view a special message just for you!

For additional support:

- Join [She Healn' Circle](#) - a faith-based community for women healing heartbreak, loss, and rejection.
- Visit: [The Heartbreak Tour](#), my personal story of going through the stages of grief.
- Explore the [Soul Healn' Series](#): 5 basic soul wounds that shape how you relate to the world around you.

Go to Step 2

[13]



Notes