



HEALTHY GRIEVING **BOOTCAMP** Toolkit

12 Steps to Heal a Broken Heart

Step 1 Review: You Took the First Brave Step 😊

Before moving on to Step 2, take a moment to recognize how far you've come.

In Step 1, you made one of the hardest decisions in the healing journey which you chose to be honest. Instead of hiding your pain, pretending everything was okay, or trying to outrun your heartbreak, you faced it with courage.

Celebrate this milestone. You didn't just complete another lesson; you laid the foundation for your healing!



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Welcome to Step 2: Realize You Cannot Heal Alone'

In Step 2, you will discover a powerful truth: **You don't have to heal alone.** God is with you, and healing becomes possible when you allow His strength to carry what you were never meant to carry by yourself.

Objectives

By completing this step, you will:

- Understand that true healing begins when you invite God into your healing journey.
- Release the belief that you have to be strong all the time or figure everything out on your own.
- Begin trusting that God can restore what has been broken and guide you through the healing process.
- Open your heart to receiving support, encouragement, and wisdom from God and from people He places in your life.
- Take your first intentional step toward relying on God's strength rather than your own.



How to Let Go and Find Hope Again

- 1. Accept that your way isn't working (right now).**

"What I have been doing hasn't restored my peace. I need help beyond me."
- 2. Define what "A power greater than you" means to you.**
 - God
 - The Holy Spirit/Divine Love
 - Source
 - The Universe
- 3. Start leaning on that power in real moments.**
 - Pause when you feel overwhelmed, stuck, anxious and say, "I don't have to figure this out alone. Help me see this differently. You are practicing trust instead of control."
- 4. Let go of needing immediate answers.**
 - Believing you don't have to heal alone means:
 - Your thoughts settle.
 - Your emotions stop running your life.
 - You respond instead of reacting.
- 5. Watch for small evidence of change.**
 - You don't check their social media as much.
 - You feel a little lighter one day.
 - You choose yourself in a moment you normally wouldn't.
- 6. Speak it even if you don't fully believe it yet.**
 - "I believe something greater than me can heal this."
 - "I don't have to stay like this."



Reflection Journal



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Step 2 Journal Prompt: 'Realize You Cannot Heal Alone'

♥ Write Honestly ♥

1. Do I truly believe I can heal from this? Why or why not?

2. Have I experienced emotional healing from anything in my past?



Reflection Journal



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Step 2 Journal Prompt: 'Realize You Cannot Heal Alone'

♥ Write Honestly ♥

3. What would my life look like if I completely healed?

4. What would I say to a friend who felt the same hopelessness I feel today?



Reflection Activities

Activity #1: My Limiting Beliefs

Listed below are some common beliefs that may be felt during heartbreak. Select the beliefs you have about your heartbreak. At the bottom you may add your own.

☐ I will never find love again.

☐ I'm too damaged.

☐ No one will choose me.

☐ I wasted my best years.

☐ I'll always be alone.

☐

Insert a belief

Now challenge each belief. Ask yourself, are these true? Next to each belief, fill in a healthier one.



Reflection Activities Cont'd

Activity #2: Carrying Weight

Purpose: To recognize the emotional burdens, you've been trying to carry on your own.

Instructions: Take a moment to think about everything you've been carrying since your heartbreak.

Write down the burdens that feel heaviest right now.

1.

2.

3.

Now reflect on these questions:

- Which burden has been the hardest to carry alone?
- Have I been hesitant to ask God or others for help? Why?
- What would it feel like to hand one of these burdens over to God today?



Reflection Activities Cont'd

Activity #3: Imagine Your Future Self

1. Close your eyes.
2. Picture yourself one year from now.
3. Ask yourself:

- How do I feel?

- How do I speak to myself?

- What has changed?

- What habits helped me heal?

- What have I become?

Write everything you see.



Reflection Activities Cont'd

Activity #4: Building My Support Circle

Purpose: To identify the people and resources God has placed in your life to support your healing.

Instructions: Healing is often strengthened through healthy relationships. Think about the people who encourage, pray for, listen to, or support you.

Complete the chart below:

Person or Resource	How They Can Support My Healing
1.	
2.	
3.	

If your list is short or even empty, don't be discouraged. This is an opportunity to pray for God to bring the right people into your life as you continue your healing journey.

- What kind of support do I need most right now?
- Am I willing to receive help when it is offered?
- How can I intentionally reach out to someone I trust this week?

Action Challenge: Before moving on to Step 3, reach out to one trusted person or spend dedicated time in prayer with God and share one area where you need support. Taking this small step is a reminder that you don't have to heal alone.



Action Steps

Complete at least one of these before moving on to Step 3.



Spend 15 minutes journaling each day this week.



Replace one negative thought with a hopeful truth every day.



Read today's Bible verse aloud every morning.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)



Write on reason healing is possible and place it somewhere you will see it daily.



Celebrate one small victory each evening, no matter how small.



Prayer



Heavenly Father,

My heart has been wounded and some days I wonder if I will ever feel whole again. But today I choose to believe that You are still working in my life. Even when I cannot see it, I trust that You are healing the places inside me that no one else can reach.

Replace my hopelessness with hope. Replace my fear with faith. Help me trust Your timing, Your purpose, and Your promise that this pain will not last forever. Teach me to take one step at a time as You restore my heart.

In Jesus Name,

Amen



Affirmation

Affirmation 1: My heart is healing one step at a time.

Affirmation 2: Healing is possible for me.

Affirmation 3: God is restoring what heartbreak tried to steal.

Affirmation 4: I am becoming stronger.

Affirmation 5: I am worthy of healthy love.

Affirmation 6: I trust God's plan for my future and my best days are still ahead.



Congratulations!

You've completed Step 2: 'Believe You Don't Have to Heal Alone'



Before You Move to Step 3

Ask yourself:

- Do I believe healing is possible, even if I don't fully feel it yet?
- Am I willing to keep moving forward one step at a time?
- What new hope am I carrying with me into the next step?

Remember: You don't have to see the entire path to begin healing. Sometimes all it takes is believing that the next step is possible.

Go to Step 3

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.



Notes