She Healn'

HeartWork Guide

Your Action Guide to Healing a Broken Heart



She Healn'

Congratulations! You've completed Step 3! 😊

Before moving on to Step 4, take a moment to recognize how far you've come.

In Step 3: You went from depending on your own strength to placing your healing in God's hands. You realize that you do not have to heal alone. And placing your healing in His hands is not a one-time event. It is a daily decision to help build your faith so that He can help you heal the parts of your heart you cannot heal on your own.

Here are four practical ways to build your faith and place your healing in God's hands:

1. **Tell God the truth**
    a. Tell Him you are angry.
    b. Tell Him you are confused.
    c. Tell Him you miss them.
    d. Tell Him you are afraid of being alone.
    e. Tell Him you do not understand why this happened.

2. **Give Him What You Keep Picking Back Up**
    a. Every time you replay the breakup…
    b. Every time you obsess over what they're doing…
    c. Every time you feel tempted to carry the weight again…
    d. Pause. Release it back to God. Pray:

    "God, I release this relationship to You. I cannot control another person's heart, but I trust You with mine. Help me accept what I cannot change and give me peace with whatever Your will is."

3. Choose Obedience Over Emotion

Emotion	*Obedience*
1. Your feelings may tell you to text them.	God may be asking you to be still.
2. Your feelings may tell you to stalk their social media.	God may be inviting you to protect your peace.
3. Your emotions will often lead you back into pain.	God's direction will always lead you toward healing.

Obedience is not punishment. It is protection!

4. Trust God's Process

Healing rarely happens overnight. God often heals us one layer at a time. Some days you will feel strong. Some days you will cry again. That doesn't mean you are failing. It means God is faithfully doing deeper work inside your heart than you can see.

- Keep showing up!
- Keep praying!
- Keep surrendering!

Rest assured that God is healing, even when it doesn't feel like it. Replacing your expectation with God's promises is one of the greatest acts of surrender.

She Healn'

Welcome to Step 4: 'Take an Honest Look Within'

Step 4 invites you to take the focus from the person that hurt you to taking an honest look inside of your heart. In what ways did your own emotions, thoughts, behaviors, beliefs, and patterns contribute to your pain?

In this step, give yourself permission to go deep within to find out what needs healing. The Personal Heart Inventory is a great resource that will expose your emotional wounds that have been suppressed. Take your time and honestly answer the questions. Don't be afraid…accept the challenge!

Remember, I am here! If you have any questions, you can always privately message me in She Healn' Circle: https://www.skool.com/she-healn-circle-7485/about.

Objectives for Step 4:

- Take an honest look within and recognize the thoughts, emotions, beliefs, and patterns that may still be affecting your healing.
- Identify unhealed areas that may be connected to past hurt, rejection, abandonment, disappointment, or loss.
- Examine your role in your healing journey without shame, blame, or judgement.
- Recognize patterns in the way you think, respond, attach, or relate to yourself and others.
- Allow God to reveal the places within you that need His healing, guidance, and restoration.

She Healn'

Personal *Heart* Inventory

A Heart-Searching Reflection Guide

Looking within to understand your relationship patterns



She Healn'

Before You *Begin*

This Personal Heart Inventory is a guide to help you understand your emotions, thoughts, behaviors, patterns, expectations, and beliefs about love and relationships.

Be Honest With Yourself

- There are no right or wrong answers.
- Give the answer that is true to you.
- Some answers may surprise you.
- Some may hurt.
- Some may reveal things you have never admitted.



This is your space to be real, get honest, and discover what you need to heal!

She Healn'

1 My Emotions

What have I been feeling?

Think about your experiences in relationships, situationships, dating, rejection, breakups, or being single.

Click the emotions that describe what you have experienced.

☐ Lonely	☐ Rejected	☐ Abandoned
☐ Unwanted	☐ Unchosen	☐ Unworthy
☐ Afraid	☐ Unlovable	☐ Confused
☐ Disappointed	☐ Hopeless	☐ Insecure
☐ Jealous	☐ Desperate	☐ Anxious
☐ Angry	☐ Hurt	☐ Resentful

1. Which emotion has been the hardest for you to sit with? Why?

2. When you feel unwanted or rejected, what do you immediately begin to believe about yourself?

She Healn'

2 MY Thoughts

What Have I Been Telling Myself?

Read each statement and mark what feels familiar.

- [ ] I can change them.
- [ ] I need someone to make me happy.
- [ ] Maybe this is good as it gets.
- [ ] I am getting older and running out of time.
- [ ] I will finally feel complete when I find the right person.
- [ ] Something must be wrong with me because nobody chooses me.
- [ ] Maybe I should settle because I don't want to be alone.
- [ ] If someone loves me, I will finally feel worthy.
- [ ] Being single means something is wrong with me.
- [ ] I have to prove that I am worthy of being loved.
- [ ] I would rather have something than nothing.
- [ ] If I love someone enough, they will eventually love me the way I need.
- [ ] I don't want to start over.
- [ ] I don't want to be alone.
- [ ] I need someone to validate me.

1. What do you believe a romantic relationship will give you that you currently feel you are missing?

She Healn'

3 My Behaviors

How Have I Responded?

Sometimes our behaviors reveal what our hearts are afraid to admit. Check any behaviors that have applied to you.

- ☐ I chased someone who was pulling away.
- ☐ I made excuses for someone's behavior.
- ☐ I accepted less than I really wanted.
- ☐ I stayed when I knew something wasn't right.
- ☐ I abandoned my own needs to keep someone happy.
- ☐ I tried to convince someone to choose me.
- ☐ I ignored red flags.
- ☐ I gave too much too soon.
- ☐ I became overly available.
- ☐ I tried to rescue or fix someone.
- ☐ I tolerated disrespect in fear of losing the relationship.
- ☐ I confuse attention with genuine love.
- ☐ I overanalyze texts, calls, and conversations.
- ☐ I accepted inconsistency because I hoped things would change.
- ☐ I returned to someone who repeatedly hurt me.
- ☐ I stayed emotionally attached to someone who was no longer present.

1. Which behaviors are you least proud of? What do you think you were trying to get, protect, or avoid through that behavior?

She Healn'

4 My Patterns

What Keeps Repeating?

A pattern is something that continues to happen until we become aware of it and choose to respond differently.

1. I am often attracted to people who…

2. I tend to become emotionally attached when…

3. I usually ignore or overlook…

4. I tend to give more than I receive when…

5. The kind of person I keep hoping will choose me is…

6. What pattern keeps showing up in your relationships?

She Healn'

5

My *Beliefs* About *Love*

What Do I Believe About Having a Partner?

Love means…

A good relationship should…

In order to be loved, I must…

If someone truly loves me, they will…

Being single means…

When someone rejects me, it means…

I will know I am worthy of love when…

I will finally be happy when…

Where did you learn your beliefs about love?

She Healn'

6 Where Did I Give Away My *Power*

Sometimes we give away our power because we are afraid. Sometimes we do it because we desperately want to be loved. And sometimes we do it because we don't know how to choose ourselves yet.

I gave someone else the power to determine my worth when...
I gave someone else the power to determine my happiness when...
I abandoned myself in order to keep someone when...
I ignored what I needed because I was more concerned with what they needed when...
What were you hoping another person would give you that you were struggling to give yourself?

She Healn'

7 What Am I *Really* Looking For?

You may think you are looking for a partner. But what are you really looking for?

I want a partner because…

I want to feel…

I am afraid that without a partner I will…

What I truly need to learn to give myself is…

The kind of relationship I actually want is…

The kind of person I need to become to participate in that relationship is…

What would change if you stopped viewing a relationship as the place where you receive your worth and started viewing it as a place where two whole people share their lives?

She Healn'

Action Steps

Remember, the purpose of this activity is to make you aware of your heart and give you the opportunity to make different choices moving forward. Once you've completed the Personal Heart Inventory, look back over your answers.

1. **Notice the red flags**

➡ Are there patterns you have not noticed before? Maybe you:

- Ignored behaviors that made you uncomfortable.
- Accepted less than you deserved.
- Overlooked red flags because you wanted the relationship to work.
- Abandoned your own needs to keep someone else.
- Confused attention with love.
- Stayed because you were afraid of being alone.
- Made excuses for someone's behavior.
- Struggled to set or maintain boundaries.

2. **Invite God Into What You Have Discovered**

➡ After you have honestly examined your heart, don't try to figure everything out by yourself. Bring what you have discovered to God. Pray honestly:

"God, show me what I cannot see for myself. Reveal the places in my heart that still need healing and give me the courage to face them."

Allow God to reveal what needs attention without being too critical for what you find. Self-honesty opens the door to healing.

She Healn'

Action Steps

3. Choose One Area to Begin Healing

➡ You don't have to heal everything at once. After completing the Personal Heart Inventory, identify **one area that needs your attention first**. Ask: "What did my inventory reveal that needs healing the most right now?" Could it be:

- Rejection
- Abandonment
- Inability to let go.
- Choosing people who cannot choose you.

Whatever it is, start there! You don't have to fix your whole heart today. You just must be willing to begin. 😊

4. Take One Healing Action

➡ Awareness becomes powerful when it leads to action. Choose one small action that supports the area you have identified. For example:

- ✓ If it is **boundaries**: Practice saying no without explaining yourself.
- ✓ If it is **rejection**: Remind yourself that someone's inability to choose you does not determine your worth.
- ✓ If it is **letting go**: Stop revisiting their social media or old messages.
- ✓ If it is **self-worth**: Do something that reminds you that your life has value outside of being loved by someone else.
- ✓ If it is **forgiveness**: Begin releasing the expectation that the other person must apologize before you can heal.

End Step 4 by making a commitment to your healing. A commitment to stop abandoning yourself while you are healing from someone else.

She Healn'

Prayer

A Prayer for Honest Healing

"Heavenly Father,



Give me the courage to look within myself with honesty and without shame. Help me see the wounds, patterns, fears, and beliefs that may still be affecting my healing.

Show me what I need to release, what I need to change, and what You are asking me to heal. Give me the strength to face the truth, the grace to accept what I discover, and the wisdom to know what to do next.

Lord, reveal what needs healing in me and guide me toward wholeness.

In Jesus' name,

Amen."

She Healn'

Affirmations

Affirmation 1: *"I am brave enough to be honest with myself, even when the truth is uncomfortable."*

Affirmation 2: *"I give myself permission to acknowledge what hurts without judging myself for feeling it."*

Affirmation 3: *"I trust God to reveal the places within me that need healing, and I am willing to face them."*

Affirmation 4: *" I am not defined by my wounds, my past, or the choices I made while hurting. I am becoming whole."*

Affirmation 5: *"The more honest I become with myself, the more freedom I create for healing and growth.*

She Healn'

Congratulations!

You've completed Step 4: 'Take an Honest Look Within'



Before you begin Step 5, continue to revisit your findings after completing the Personal Heart Inventory. Be sure to invite God into your healing and ask for guidance to mend the wounds that affect your behaviors and choices.

Keep surrendering, keep trusting, and keep moving forward. God is healing you one step at a time.

Go to Step 5

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.