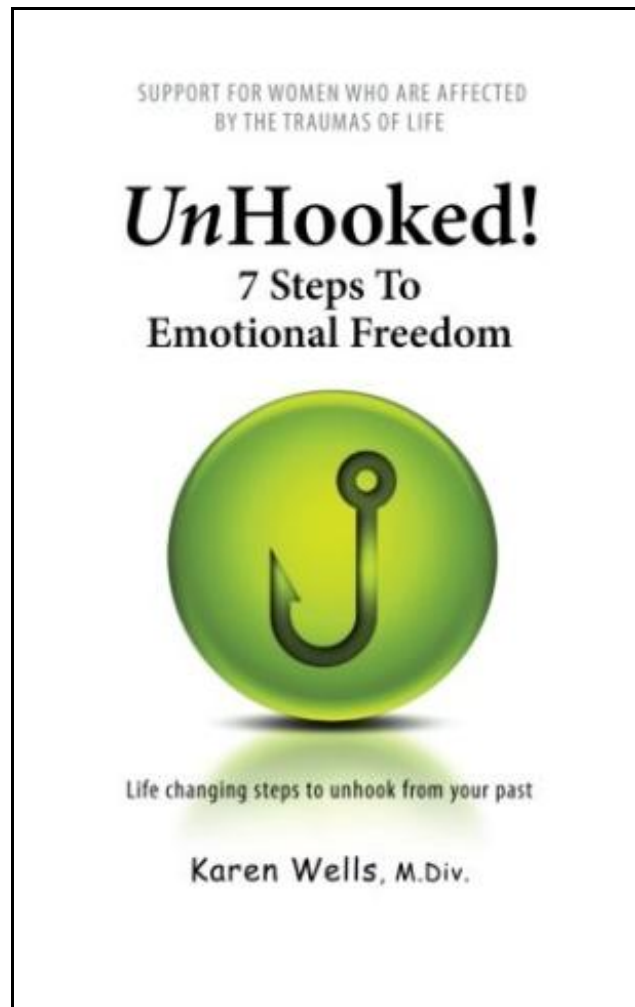


Unhooked 7 Steps to Emotional Freedom: Support for Women Who Are Affected by the Traumas of Life



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Reviews

*Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Timothy Lynch)*

UNHOOKED 7 STEPS TO EMOTIONAL FREEDOM: SUPPORT FOR WOMEN WHO ARE AFFECTED BY THE TRAUMAS OF LIFE



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 296 pages. Dimensions: 8.0in. x 5.0in. x 0.7in. UnHooked! tackles the struggles of self-hate, fear, unhealthy thinking, emotional pain, grief, and unforgiveness. Karen shares 7 practical steps that will help set women free, based on the principles and truths of Gods Word. Step 1. Acknowledge Past Experience. The first step is to acknowledge past experience. We often do not recognize the impact of our stories because we havent stepped out of denial, accepted our full stories and started talking about them. Step 2. Recognize and Feel Feelings. We need to recognize and feel emotions. Were often afraid of our emotions. Were afraid to let them stay with us. We find unhealthy ways to run from them. Feelings arent good or bad. They just are. Feelings arent the issue. The issue is how we deal with feelings. Step 3. Name the Loss. When we experience something tragic, or weve done something we regret, we experience loss. Along with the primary loss of the specific experience or choice, there are many secondary losses we might not be aware of, acknowledge, or take time to figure out. As you explore and define these secondary losses, youll begin to feel unhooked and start experiencing freedom in your life. Step 4. Understand the Grief Cycle. Everyone grieves, whether it involves a small loss or a big loss. As you name the loss, youll become aware of the grief cycle. Women often feel theres something wrong with them or that theyre not handling things well. They can feel as if theyre going crazy. Often times, theyre experiencing common components of grief. Understanding the grief cycle can help normalize struggles. Grieving isnt the problem. The problem comes when you get stuck in a particular aspect of...



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