

Life on the other side

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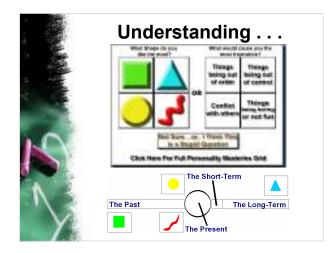
I've been hurt, I've been broken,
I've lost hope, I've been in tears,
I've been scared. But in the end of all that,
I am still me. Still strong, and have a little
hope left. Life on the other side of a healing heart,
is hoping of a better life. Life on the other side of my
bad memories, are good memories waiting to be made.
Life on the other side is going to be better,
because I am trying to be a better me.
I will live strong because I am fighting to be
someone I want to be and need to be.













Simple Thoughts To Gain Head/Knowledge . . . Find healthy person who is a similar shape . . .

What did this type of person learn, head/knowledge wise as they found healing?

When hurtipale labuse enters into our lives typical uses energy. That energy is neither good or bud inherently. Decause of the resible thing that has happened, we selected this new energy with being bad, lat it does not have to be.



- 1. Make a list of the things in your life that have made an impact on you . . . both positive and negative.
- 2. From that list write out all the positive things you could do to help people as a result of those experiences you have had.
- 3. Write out a list of the negative things and how you will make a CHOICE to turn those things into helping others

AWS



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Say "I was designed for something really big and something that will make a difference in the lives of those around me.

Walls Of Opportunity



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- 1. Work with a "Driver" personality to discover your life dreams and goals.
- 2. Find one person you know and ask them "What is the biggest challenge you are facing in any area of your careenlife right now?"
- Based on your experiences, thoughts, talents, gifts, achievements and any input from others what are some action steps that person can take to overcome their biggest





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Find one fun person . . . one person who is a wavy line, you don't even have to know them, and then do something fun with them. Do something that will make you both laugh and then take a picture of that.

Crab In A Bucket Principle

This principle was discovered by an akota Indian Chief in South Dakota. He ed that the Lakota Indiana are like crabs a bucket. When one tries to crawl out e others pull them back in. That is how overty happens is when one person cceeds others, around them pull them



- Work with an "Expressive" personality to discover when they were sad, discouraged, hurt, when they lost hope what did they do to make it through those dark times?
- 2. Make a list of things that make you smile, lauph, and have fun. Think about these things often.
- 3. Find someone else in need and step into to help them, to make a difference in their lives, to make them laugh and have a good time.



Simple Thoughts To Gain Head/Knowledge . . .

Find healthy person who is a similar shape . . .

We so often think about others as an amiable.

- We so often think about others as an amiable, what would be something which would make you feel special?
 - 1. Work with an "Amiable" personality to figure out how we can prevent others from taking advantage of us while still be loving and kind.
 2. If you had a really close friend . . . make a list of what you would love that
 - friend to belinean to you.

 3. Find someone in greater need than you are. Go to a running home, a hospital for terminally ill children. Find someone who

has it a lot worse, then you do and gain perspective from them.





From Hurt . . . To Healing!

Questions . . .

There are consultants, coaches, and thought leaders who are certified to speak to groups, do TV/radio interviews, and/or provide individual/group coaching. Contact the individual, organization, or company who introduced you to this valuable lesson to you, or you may call toll free at:

888.230.2300





From Hurt . . . To Healing!

Dear New Friends,

When I was presented with the opportunity to co-author Teenage/Adult Suicide . . . From Hurt . . . To Healing!, I thought, "WOW! That is real scary!"

I then thought, "I have been given a second chance, there are many teens and adults who have not." I felt all the pain of my attempted suicide all over again and the pain of millions of others . . . and . . . know that all that pain could be healed, which took away my fear.

If you know of anyone who is hurting in any way, let's get connected.

None of us know how close we could be or others are.

Live no regrets!

With sooooo much love,

