

**INSPIRED BY
THE HOLY
SPIRIT TO
HEAL PEOPLE'S
HURT**

WELCOME

We are all born into this world without any form of hurt, anxiety or fear.

It is these same things that creep into our lives, mostly unnoticed and seemingly innocent, that often start a cycle of pain, and in many instances a cycle of self destruction that shape a big part of my life and my relationship with Jesus.

The cycle is seldom identifiable as it seems to be just another part of who I am. Some will call it “life happens” but in fact it is highly destructive and has a major impact on my behaviour and ultimately my life path and my ultimate relationship with Jesus.

It can be compared to a hand of cards I was dealt. I never chose them, I simply received them from the dealer and I have no choice but to play with the hand I am dealt. Important to note that in almost every case I did not do any wrong to deserve any of this but my hand is my hand and if I do not notice or understand the game or its rules, I have no way to opt out and stop playing.

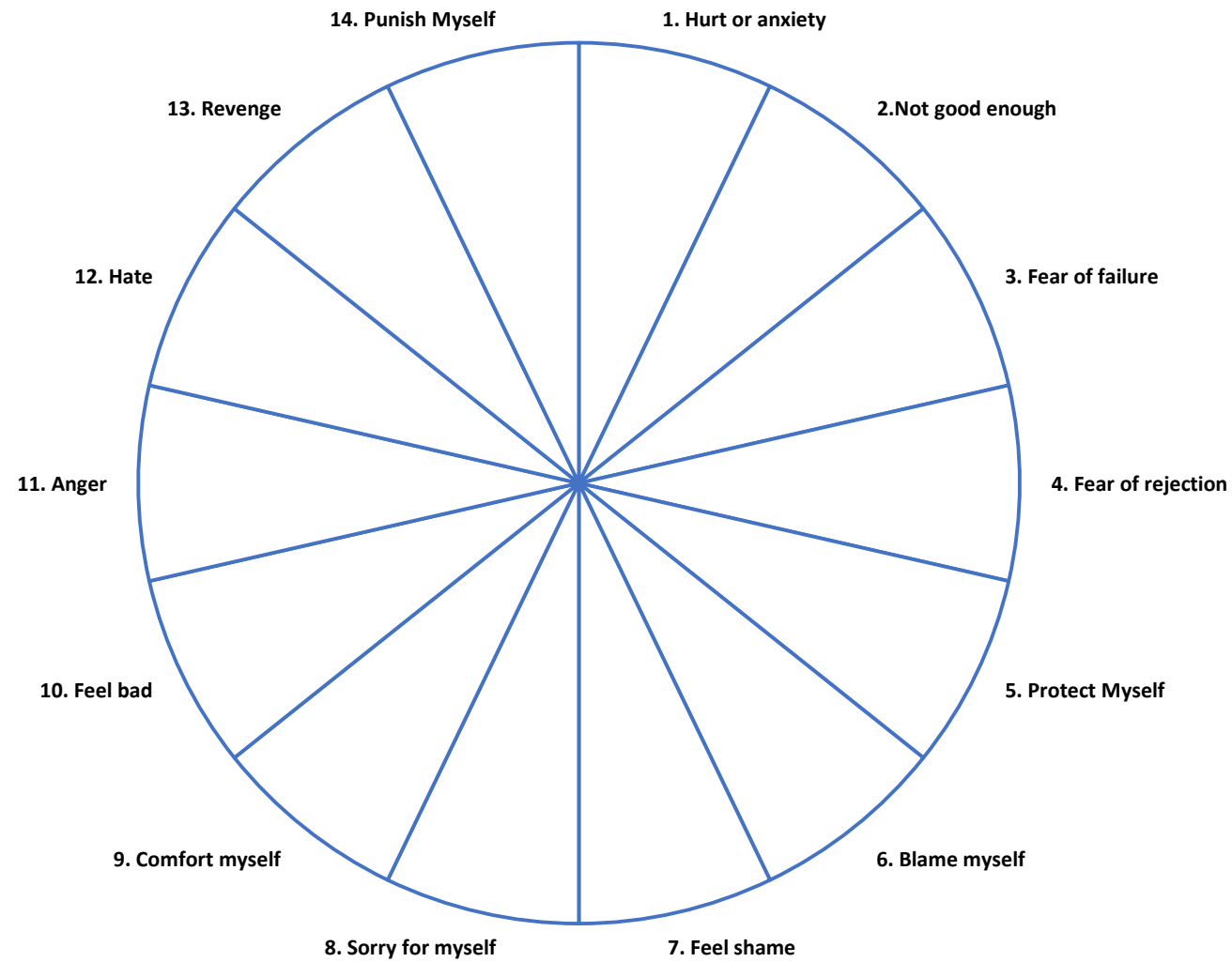
Satan wants to keep me trapped in the hurt cycle by setting me up to fight myself in the flesh. He uses his silent weapons of destruction against me - doubt, offence, shame, fear. He gets my mind, through thoughts that he plants in me, to fight myself and when I’m fighting myself there’s always only one loser - ME.

The hurt cycle will not only repeat itself but it will get worse over time with major implications on my life if I don’t choose to exit it once I have clearly identified it in my life.

Finally, by choosing to end its destructive pattern I also have the opportunity to prevent it from being passed on to my children when I, mostly unknowingly, hurt them and through them pass it on to my generations to come.

This free simple book is meant for self reflection and self healing and as a guide on how to exit the hurt cycle.

HURT CYCLE



HURT CYCLE

1. I feel any form of emotional or physical anxiety, hurt or rejection
2. I'm not good enough, why did this happen to me
3. I develop a fear of failure
4. I have a fear of rejection
5. I develop a poor self image
6. I need to PROTECT MYSELF*
7. I blame myself
8. I feel shame
9. I feel sorry for myself
10. I recreate the same scenarios that caused me the initial hurt
11. I need to COMFORT MYSELF *
12. I feel bad for what I did
13. I feel anger
14. I feel hate
15. I need to take revenge
16. I need to PUNISH MYSELF *
17. The cycle repeats itself over time from step 5 onwards - each time with more intensity

THE ANSWER

1. CHOOSE TO LOVE JESUS UNCONDITIONALLY AS HE ALREADY LOVES YOU UNCONDITIONALLY.
2. ACKNOWLEDGE AND REFLECT ON THE INTERNAL PAIN
3. ACKNOWLEDGE AND REFLECT ON THE HURT CYCLE
4. CHOOSE TO EXIT HURT CYCLE
5. CHOOSE TO DO COMPLETE FORGIVENESS – Read the section on Forgiveness in the 1st book in the Index on Relationship with Jesus
6. LOVE MYSELF

* See the detailed description on the following page whereby each time the cycle repeats itself you move further down, the list of bullets in each section

PROTECT MYSELF

- I hurt people before they hurt me
- I don't trust anyone
- I suspect people
- I lie to people
- I take control
- I quickly defend myself against any opinion against me
- I manipulate people
- I have doubt
- I have any form of fear
- I can't say sorry
- I don't want to depend on anyone
- I move away
- I isolate myself

COMFORT MYSELF

- I want to sleep more than usual
- I blame anything or anyone to feel better about myself
- I judge anything or anyone to feel better about myself
- I hurt people to feel better about my pain
- I rebel and want my own will
- I always know better
- I spend money beyond my needs
- I eat excessively
- I self-justify my behaviour
- I drink excessively
- I pick a fight
- I bully innocent people
- I have a lust and crave porn
- I need validation from the other sex or same sex if need be
- I sleep around
- I gamble
- I do drugs

PUNISH MYSELF

- I hurt people to feel hurt
- I break love relationships
- I molest someone
- I have no money
- I lose my job
- I am angry with myself
- I hate myself
- I hurt myself
- I kill someone
- My life is dark and I can not see a way forward
- I commit suicide