



5C's of Self Care & Empathy

Coz Happy People DON'T
lash out at others

 Healing Wounds Together
Coz We can't do it Alone

 **BOOK**

Welcome to Healing Wounds Together!

For years, I have wondered why I got abused? How could those people do this to me?

And then it turned into a bigger question. Why do people lash out at other people?

I particularly wondered why men abused me...

In my years of research and experiences, this is what has made sense to me:

People hurt others when they are hurting themselves

But what about psychopaths and mentally ill people? I hear you ask.

If someone is born with no capacity to feel – then I don't believe that we can do much (other than to medicate them) but that's a very small percentage of people.

Mental illness is, on the other hand, a very different ballgame. Again, there are small percentages of people who have real chemical imbalances but I believe that mental illness originates because of lack of emotional care within the body and psyche. If you don't believe me, read the work of Dr. Bruce Perry and Marshall Rosenberg and hear what they say about mental illness.

The key to eradicating abuse then lies in our emotional wellbeing as individuals, families and societies.

Coz Happy People don't lash out at others



I'd like to confess something here. If we are happy people, it doesn't mean that we are never unhappy or sad or angry. It simply means that we have found a healthy way to express and meet our needs and we know how to stay true to our feelings when we are sad or hurting.

And I have combined this way of living under "Self-Care". I have created a 5C Method of Self Care, which allows you to create a balanced living and have a sense of overall happiness.

Here are these 5C's

- ◆ **C**lean Your Slate
- ◆ **C**ommit to Meeting your needs
- ◆ **C**are for Self
- ◆ **C**reate Supportive Relationships
- ◆ **C**onnect with a Community

(Phew! Self-care doesn't mean just thinking about yourself – it does involve others ;-)

Let's find out more.



C#1 – Clean Your Slate

'Holding on is believing that there's a past; letting go is knowing that there's a future.'

—Daphne Rose Kingma



C 1: Clean Your Slate

Do you have moments where you are so angry and frustrated that you want to be unreasonable and lash out but you can't so you keep it in instead?

After all that's what our parents teach us. Our society tells us that it's not okay to lash out at others...

What we forget is the distinction between “feeling the feeling” and “acting out the feeling” and we start suppressing these because these “negative” feelings are not ok.

Our bodies are a biological imprint of what goes in our heads and hearts. As we experience life, these experiences get stored in our bodies in the form of various physiological conditions. If we are living life in the moment and letting these moments pass by, our bodies are doing the same thing. If we are holding on to them or suppressing them, our cells stay in the same physical state.

In the long term, this can lead to mental, physical and emotional trauma.

So for how long, have you been suppressing these so called “negative” feelings and emotions?

Here is the deal. It's absolutely okay and pretty normal to feel frustrated or angry. We just have to find a healthy way to express these without lashing out at others and this is where “Clean Your Slate” comes into play.

There are many ways to clean your slate, such as:

- ◆ Breathing & Meditation
- ◆ Journal Writing and Automatic Writing
- ◆ Sounds
- ◆ Movements

The idea is that anger and frustration hold an energy in them. You can release this energy in any way that feels appropriate to you. The only requirement is that you do that in your own space.

I love screaming in my car and I meditate very regularly. And I also do lots of journaling and automatic writing. This allows me to process my emotions and then I am calmer to have a conversation with the triggering party about whatever it is that upset me (and sometimes I don't even need that)



C#2 – Commit to Meeting Your Needs

'How can you be yourself, if you don't know yourself?'

—Dr John Demartini



C 2: Commit to Meeting your Needs

Knowing what you want is the first step to having the life you want. Meanwhile, knowing what you don't want can help you find that clarity.

However, knowing alone isn't enough. The more difficult part is working towards and dedicating your time and energy to getting what you want. It's committing to what you want.

Do you remember making New Year's resolutions and then not following through?

The problem is that when we make the decision to change, we are inspired and motivated to achieve what we want. But as we act on these choices, we start to focus on the difficulties rather than the end result. As we lose our motivation, it can soon feel worthless to continue and we go back to our old patterns

In this "Commit to Meeting Your Needs" C, we learn how to find who we are and how we can stay committed to our needs and our visions.

Your Most Perfect Day

Imagine that there are no boundaries, no limitations and no barriers. You can have anything you want – you have all the money, all the resources, all the love and all the support that you want or need at your disposal.

What would your day be like?



What would you do?

What would make you the happiest person on the planet?

Close your eyes and ponder for few moments. Allow your body to feel this vision and then record it – This is your dream.

Once you know... remind yourself... constantly!

To stay on track and be true to your dreams, it's essential to remind yourself of what you want to achieve as often as possible. Your bedroom wall can play a huge role in this. Think of your wall as a blank canvas for messages you want to focus on. Some ideas to get started include:

- ◆ Use word processing software to write your desires and empowering messages, print them out and use Blu Tack to put them to the wall.
- ◆ Purchase a magnetic, erasable board, hang it to the wall and write your messages on it.
- ◆ You can attach two hooks on the opposite ends of the same wall and then link them with a string. You can then use the clothes hangers to hang papers with various messages written on them.

Believe, you won't forget and you won't stop 😊



C#3 – Care for Self

'Be who you are and say what you feel because those who mind don't matter, and those who matter don't mind.'

– Dr Seuss



C 3: Care for Self

When your mind is calm, your body responds by relaxing and letting go. This creates space for a connection where your body can tell you what it wants because it knows that you will listen. This listening ability then gives you the opportunity to take care of yourself and your body in ways that are based on your needs.

Conversely when you are tired and stressed, your body contracts. As I discussed in *Step 1*, your cells generate hormones to deal with the stress and your muscles are in an 'alert' state to deal with anything that comes their way.

How many times have you said to yourself the following?

- ◆ 'I am enough.'
- ◆ 'I am loved.'
- ◆ 'I am perfect just the way I am.'

When we love ourselves, there are few self-doubt conversations in our heads and we embrace life's gifts with more grace. When we think we don't deserve, however, we find it difficult to accept the love that comes our way. We sabotage other people's attempts to be kind to us because it doesn't feel right.

Acknowledge your Feelings

So often we accept our 'positive' feelings, but deny those that we think are 'negative'. It's okay and desirable to be happy, joyful or ecstatic but it's not okay to be sad, frustrated, angry or annoyed.



Believe me, you can't just take positive feelings and reject the negative ones. Unless you truly accept all of your emotions and states, you will use so much of your energy in resistance and suppression of these unwanted states.

Free yourself from this pressure. All feelings are OK.

Hugging your beautiful Self

When was the last time you hugged yourself?

It is so easy to get bogged down by life's events that we forget to hug others, receive hugs from others and hug ourselves.

I give myself a hug when I am lying in bed. I curl on my side and place both arms around myself. While hugging myself, I appreciate life for what it is, I allow myself to surrender to what I can't change and I use one or more of the following affirmations:

- ◆ I am enough
- ◆ I am loved
- ◆ I am beautiful and perfect just the way I am

This simple practice calms me down. I sleep better and I feel better.



C#4 – Create Supportive Relationships

'We can live without religion and meditation but we cannot survive without human affection.'

– Dalai Lama



C 4: Create Supportive Relationships

Wouldn't it be nice if we have relationships that support us rather than the ones that drain us?

The key to supportive relationships lies in knowing your own needs, your boundaries and develop communication skills to create a dynamic that support all parties.

My inspiration to better my communication skills has come from Marshall B. Rosenberg of The Center for Nonviolent Communication. I highly recommend that you read his book, *Nonviolent Communication*. According to him, there are four principles that create effective communication:

- ◆ **Observation:** This means stating the facts. This is the hardest part of any communication because we are so used to evaluating rather than stating.
- ◆ **Feelings:** These are your emotions, rather than your thoughts, though most people confuse the two. 'I feel unacknowledged' or 'I feel unloved' are thoughts and judgments, not feelings because they make an assessment about the other person. They say he/she doesn't acknowledge me, or he/she doesn't love me. Instead, the feeling is simply 'sad', 'annoyed', 'hurt' and so on.

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- ◆ **Needs:** These are the needs we want to have met. We use communication as one of the methods to get these needs met. When we feel unloved, we want to be loved. When we feel unimportant, our need is to be important. Identifying these needs makes it easier for other people to understand us and there is more possibility for our needs to be met. So, instead of saying 'You don't love me', a need-based statement would be 'I need intimacy'.
 - ◆ **Requests:** These are specific requests that will meet your needs. Specificity is the key here – we can request that our partners love us, support us, help us in house chores and so on, but these are very generic requests. Rosenberg asserts that if you make generic requests, the other person may interpret them differently and do things that do not quite fulfil those requests. Instead, a clear request may be 'Would you spend an hour with me one evening this week?' It is important to note that requests are not demands, and the person to whom the request is made is allowed to refuse.

I can tell you this. Once you know how to communicate and express what's alive in you – the richness and quality of your relationships will multiply.



C#5 – Connect with a Community

'In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.'

- Marianne Williamson



C 5: Connect with a Community

In a book about self-care, you might be wondering how community fits in.

Communities give us a sense of belonging. When we are part of a community, we have a sense of identity, we know that we are a part of something bigger and we are connected to the larger circle of life.

Having a community allows us to share our responsibilities, support each other and grow together. By being in a community, we feel cared for, loved and valued. We feel that we can manage stress better and we are generally less anxious and stressed.

Communities also expose us to perspectives and viewpoints that we otherwise wouldn't know about. By listening and reflecting, we grow and other members of the community grow as well.

Be part of one and you would know what I am talking about ;-)

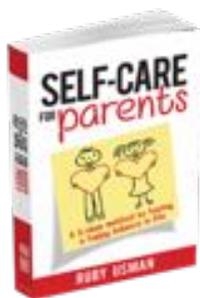


In the End...

It's easy to think that our lives are inconsequential. There are almost eight billion people on this planet – who really cares what happens to a single person? What difference will it really make if you are happy or living your life to the fullest?

We affect other people in more ways than we think. Have you noticed that when someone is in a bad mood, you feel it? Depending on how you are feeling, you may end up in a bad mood yourself.

This world needs you to find your happy balance. If you do, you will infect other people and they will have to find their happy balance too. You will inspire your family and your children by just being who you are. You will have deeper connections and relationships and have a much richer quality of life.



If you want to further your self care journey, you might want to check out my book on my website or on Amazon

Blessings and have an amazing life.