



7-Step Integrative Healing Model

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Hurt People Hurt Others!

Heal yourself, and do not bleed on people who didn't cause you pain!

1. Identify & assess the level of distress, trauma, & negative emotions: Frustration, disappointment, hurt, guilt, sadness, etc.
Now measure from 0-10 (severe), what level is your distress? = Assess
2. Express, release, share, or journal, “get it out of your chest” = Catharsis
3. Seek Empathy and Validation = Closure
4. Find a positive lesson, a new meaning discovered = Meaning-making & Posttraumatic Growth
5. Seek resources to transform stress & practice forgiveness = Emotional Intelligence (EI)
6. Connect with Mother Earth; walk bare feet, hug a tree, swim in ocean, smell a rose = Mother Earth Intelligence (MEI)
7. Breathe deeply, move your body, then quiet your mind: Body and breath help us balance our emotions and empower us = Body and Breath Consciousness.

Meaningfulworld Mottos: *When one helps another, BOTH become stronger!*

Shared sorrow is half sorrow, while shared joy is double joy!

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