

# Use Conscious Forgiveness To Stop People Pleasing And Heal Yourself From Trauma

Trauma can have a profound impact on our lives, affecting our relationships, our self-esteem, and our overall well-being. It can leave us feeling trapped in a cycle of people-pleasing, unable to set boundaries or prioritize our own needs. But there is a way to break free from this pattern and heal ourselves from the trauma we have experienced - through the power of conscious forgiveness.

Conscious forgiveness involves actively and intentionally choosing to let go of resentment, anger, and the desire for revenge towards those who have hurt us. It goes beyond the surface level of simply saying "I forgive you" and delves into the deeper layers of understanding, empathy, and self-compassion.

One of the key components of conscious forgiveness is understanding that forgiveness is not about condoning or approving the actions of those who have hurt us. It is not about forgetting or minimizing the impact of the trauma we have endured. Instead, it is a personal choice to release the emotional weight that holds us back from moving forward and living a fulfilling life.



**RECOVERY FROM TRAUMA: Use Conscious Forgiveness To Stop People-Pleasing And Heal Yourself From Trauma. Regulate Your Emotions, Recover From Narcissistic Abuse, And Go From Surviving To Thriving.** by Tom Anger (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English  
File size : 2967 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 147 pages  
Lending : Enabled



Here are some steps you can take to practice conscious forgiveness and break free from the cycle of people-pleasing:

### **1. Acknowledge the pain**

The first step towards conscious forgiveness is to acknowledge the pain and trauma you have experienced. It is important to give yourself permission to feel and express your emotions, without judgment or self-blame. Recognize that what happened to you was not your fault, and that it is okay to be angry, hurt, or sad about it.

### **2. Cultivate empathy and compassion**

Empathy and compassion are powerful tools in the process of conscious forgiveness. Try to understand the perspectives and motivations of those who have hurt you, without excusing their actions. This does not mean you have to agree with or justify their behavior, but it can help you see that they too might have been influenced by their own past traumas or struggles.

### **3. Set boundaries and prioritize self-care**

One of the reasons people-pleasing is often associated with trauma is because we tend to prioritize others' needs over our own. To break free from this pattern, it is crucial to set boundaries and prioritize self-care. This means saying no when

necessary, recognizing your own worth, and making time for activities and relationships that bring you joy and fulfillment.

#### **4. Practice self-forgiveness**

Self-forgiveness is an essential part of conscious forgiveness. It involves forgiving yourself for any blame or guilt you may be carrying, and recognizing that you deserve love and compassion just as much as anyone else. Be kind to yourself, practice self-care, and remind yourself that healing is a journey, and it takes time.

#### **5. Seek support**

Healing from trauma and practicing conscious forgiveness can be challenging, and it is important to seek support when needed. Reach out to trusted friends, family members, or professionals who can provide guidance, empathy, and a listening ear. Join support groups or therapy sessions specifically tailored for trauma survivors. Remember, you do not have to go through this journey alone.

Conscious forgiveness is a powerful tool for healing ourselves from trauma and breaking free from the cycle of people-pleasing. It allows us to reclaim our power, set healthy boundaries, and prioritize our own well-being. By acknowledging the pain, cultivating empathy and compassion, setting boundaries, practicing self-forgiveness, and seeking support, we can embark on a journey of healing and self-discovery.

With conscious forgiveness, we can finally let go of the weight that holds us back, and begin to live a life that is authentically ours - free from the chains of trauma and people-pleasing.

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Do you have trouble letting go?

Does your past—and the people who shaped it—still haunt you?

If the answer is “YES,” you’re not alone.

Keep reading because this is the book you were looking for!

Imagine how good it would feel to be able to forgive the people who have hurt you.

Imagine being able to overcome your trauma and finally heal.

It's not as difficult as you may think.

In fact, it can happen a lot faster than that—and you're closer to it than you think, too.

This book argues that conscious forgiveness is the key to healing your trauma and affirming yourself. I believe that the ability to forgive is something that comes

from within you by rationalizing and thinking critically about your abuser. However, I also know that without conscious forgiveness, you will spend all of your energies brooding and ruminating on the trauma inflicted upon you.

That's why I've written this book—to help you focus on what matters most: yourself.

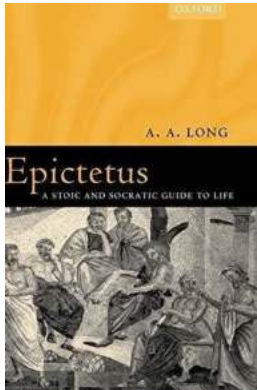
By reading this book, you'll discover:

- How To React And Recovery From Trauma, to understand how to be able to react to any type of trauma you have suffered, to effectively get rid of all the destructive emotions that come with being mistreated and abused
- Ways And Practices To Heal From Emotional Abuse, so that you can have applicable guidelines that you can use right away to feel better and begin your healing journey immediately
- How To Spot Covert Narcissists, to be able to recognize traits that indicate that a person is a covert narcissist, in order to spot them before they can harm you and never suffer from abuse again
- Treating The Effects Of Childhood Trauma, so that you can heal and help anyone (including yourself) overcome childhood trauma of any kind, and stop wasting your energy thinking about who hurt you
- ... & Much More!

This book isn't about healing trauma in a vacuum; it's about doing it with a mindset of conscious forgiveness, so you don't spend all your time worrying about who hurt you and how they did it. Instead, start focusing on building your self-esteem backup again!

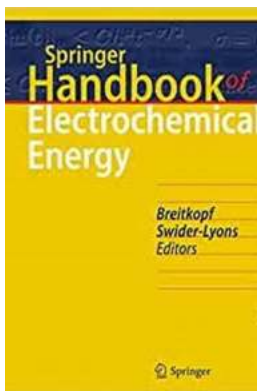
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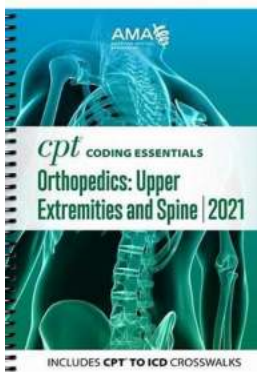
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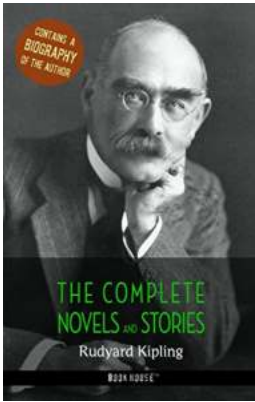
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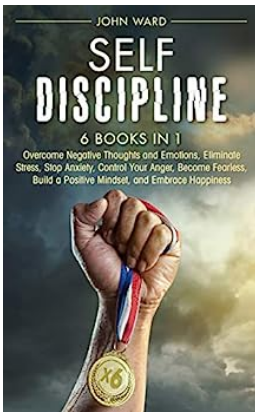
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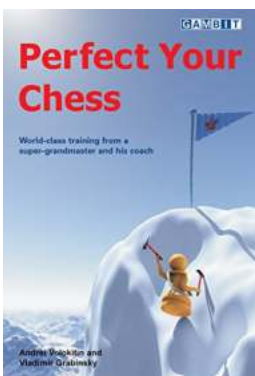
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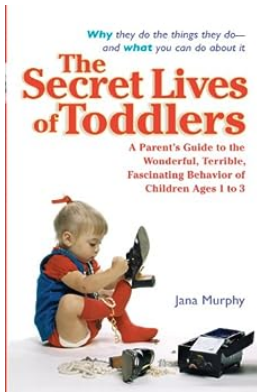
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