

Healing

During our lifetime, we can experience difficult times. Whatever situation you experience, you must learn to heal from it and continue to live your life. Healing does not mean you have to forget about your friend passing away from cancer, but it does mean that after a reasonable amount of time to grieve, you have to continue to live your life and be able to function as normally as you can. A good example of healing is this: imagine you were in a car accident and you cut your head on some glass, and after it healed, it left a scar. Every time you look in the mirror, you are reminded about the car accident, but it does not prevent you from getting into another car or continuing to live your life. In other words you are no longer in emotional or mental pain; you are able to deal with it because you have healed from the accident. But you have not forgotten about what happened. You are just able to deal with it. Maybe you are dealing with the death of someone you were close to. How do you feel after the death of that person? Are you angry? Are you sad? It can be a difficult time in your life when you lose someone you care about, but you do not have any control of when and why people die. Try your best to learn to heal from this difficult time by continuing to live your life because that is what the person you cared about would have wanted to do. The person you cared about would have wanted you to be happy and live your life to the fullest. Healing does not mean you have to forget about that person, but it means you should function in your life as close as normal as you can. Take a reasonable amount of time to grieve. Surround yourself with supportive friends and family to help you with this difficult time. If you need to make an appointment with your doctor to help you, don't hesitate. You have to pick yourself up, so you can continue to live your best life ever. Life can sometimes deal us a bad hand, but we have to make the best of the situation and do our best to heal from it. I remember talking with a patient who had just been diagnosed with colon cancer. She said that she could not believe it when her physician delivered the news to her. She told me that she ate right and exercised four to five times a week. This woman told me that she did not have a family history of it as far as she knew. She said, "Why me, Dr. Coleman?" I told her that she could get through this. I told her to be strong and surround herself with family members and

good friends. I discussed with her to follow her doctor's orders and call me if she had any questions or concerns. I told her to not give up and that she could heal from this cancer. I discussed with her not to allow this cancer to invade her body cells and set residence. I told her that she had the power to fight this invading cancer. I discussed with her to checkout local support groups; these groups could be very beneficial. I talked with this patient about three weeks later, and she stated she was doing well with her treatments and wanted to thank me for taking the time to give her some encouraging words and support. She said that I gave her the will to want to heal and live. I myself had to go through difficult times—for example, losing a loved one. At times it was difficult for me to move on, but I know it was what my loved ones would have wanted me to do. And also I have to move forward for me and try to get back to normal as much as possible. This is called healing from a difficult time, not forgetting what happened. You could be going through a divorce, dealing with a cheating spouse, dealing with physical and/or mental abuse from a relationship, a sick child, a job lost, money problems, family problems, sexual abuse, alcoholism, drug addiction, an unwanted pregnancy, the death of a loved one, being released from prison after years of incarceration, a terminal illness or health problems, or whatever situation is a burden on you. You can heal from it and move on with your life.

Relationships

Can you overcome physical and/or mental abuse from a relationship? *Yes, you can!* The first step is to convince yourself that it is not your fault that this is happening to you and seek help if needed to remove yourself from the relationship. The second step is to find your inner strength and seek professional help if needed. The third step is to heal from this relationship and keep your head up and move your life into a better direction.

Can you overcome from a cheating spouse? *Yes, you can!* The first step is to decide to stay in the marriage or leave the marriage. The second step is to understand that you are not responsible for someone else's actions. The third step is to heal from your cheating spouse and move your life forward into a different relationship or try to repair your existing relationship. All relationships have ups and downs, and you and your spouse have to constantly work at improving your marriage to help maintain it.

Can you overcome your best friend being dishonest

with you? *Yes, you can!* The first step is to hear your friend's side of the story to understand why they did it. The second step is for you to decide if the friendship is worth fighting for and understand that forgiveness is a part of life. The third step is to heal and learn from this situation and continue to live your life the right way. Keep in mind that good people sometimes make bad choices at some point in their lives. In some situations good friendships are difficult to find and maintain. Remember everyone has room for improvement.

Can you get through problems at work with coworkers?

Yes, you can! The first step is to decide to talk with the coworker(s) you are having problems with and follow through. The second step is to be willing to work the problems out and not avoid the problems and build up tension at your work place. The third step is to heal from these problems and move your relationship with your coworkers forward into a brighter future.

Can you find that right person for you to marry?

Yes, you can! The first step is to continue to believe that God will send you that special person to marry and to not lose hope. The second step is to be yourself and be patient and not settle for just anyone. The third step is to not worry because God will send that right person to you, so you two will move into a happy and peaceful direction. I know being patient may sometimes seem to take forever, but if you want to get married only once and do it right, you must allow God to do his work for you. If you must settle because you are in a hurry to get married, you just may end up in divorce court.

Are you ready to rebuild your relationship with your parents? *I know you can!* The first step is to remember that they are the reason you are here, and you should respect them regardless of the situation. The second step is to resolve your differences and visit them on a regular basis. You should write down the issues you have with them and decide to resolve them. Maybe you have to practice forgiveness. Or maybe you have to compromise to resolve the issues. The third step is to move your life forward with a good relationship with your parents because they will not be walking around this earth forever. You should never be disrespectful to your parents. Parents are our teachers, our advisers, our backbones, our support systems, and our providers. Treat your parents well and enjoy quality time with them on a regular basis.

Can you deal with a trouble child and trying to get them back on track? *Sure you can!* The first step

is to constantly communicate with your child and listen to their point of view. The second step is to not be so judgmental because that tends to prevent them from opening up to you. The third step is to continue to pray for your child and continue to help your child make good decisions and teach them to learn from bad choices in their lives. Your job as a parent is to provide guidance in your child's life and teach them to make smart decisions in their lives.

Can you overcome a bad relationship with a sister or brother? *Yes, you can!* The first step is to understand that a sister or brother is irreplaceable, and family should be an important part of your life. The second step is to work out the differences you all have and practice forgiveness. Think about the problems you are having with them and decide if you can work it out with them and rebuild your relationship with them. Are the issues you have with them so bad that you are better off without them in your life? I believe God can help you heal this bad relationship. The third step is to move your life forward with your sister or brother and be there for each other. That's what families do for each other.

Are ready to bring God back into your life? *I believe you can!* The first step is to trust and believe that God will help you through any situation. Do you still have faith in God? The second step is to understand that God may not come when you think he should, but he will be there for you on time. Sometimes things can happen in your life to steer you away from God. Sometimes bad things happen in your life that makes you question why God is making you suffer. I believe if you maintain your faith and allow God back into your life, he will delivery you in all aspects of your life. The third step is to move your life forward with God on your side to live your best life ever.

Can you deal with your daughters dating for the first time? *Yes, you can!* The first step to remember is that you raised them right, and you must develop some level of trust. The second step is to keep your guard up because you never know what could happen. The third step is let your daughter enjoy her dating years, and you should always keep an eye on the entire situation to ensure your daughters have a safe and productive life.

Worrying if your relationship can survive tough times? *Do not worry!* The first step is to understand that a relationship is no different from anything else. In order for it to continue to work properly, you must keep it maintained. The second step is to learn how to maintain your relationship by treating each other with

respect at all times, doing sweet things for each other often, and basically doing whatever you have to do to keep each other satisfied and happy. Communicate with your partner on all aspects of the marriage. You should learn from each other and learn from mistakes you make in your relationship. You should constantly pray for your marriage during good and bad times. The third step is to stop worrying and move your life forward together in happiness and peace.

Can you overcome from an excessively jealous person in a relationship? *Yes, you can!* The first step is to reassure the jealous person that they have no reason to be jealous, and also the jealous person has to learn to trust their partner and grow out of that type of jealousy. The second step is to realize that a little jealousy in a relationship is normal, but it becomes a problem when a person becomes obsessed with jealousy, and professional help may be needed. The third step is to heal from this situation because sometimes jealous people can cause relationships to break and crumble. Jealousy can place stress on relationships. Trust your partner because a strong and dedicated relationship is based on trust. I believe that an excessively jealous person in a relationship has trust issues, and those issues should be worked out to help the relationship grow and prosper. Can you love again in a relationship after your last relationship ended badly? *Yes, you can!* The first step is to start dating when you are ready, and try not to pre-judge this new person based on your old relationship, but keep your guard up. The second step is to make smarter decisions and learn from your past relationships to help you make this experience better. The third step is to heal from past relationships and move your life forward with a positive attitude with your new relationship. Remember, everyone deserves a chance to prove themselves and live happy.

Finances

Can you overcome losing your house to foreclosure? *Yes, you can!* The first step is to understand that bad things sometimes happen to good people and continue to believe in your abilities. Bad situations in life can make you lose hope, but try your best to not give up; pray for brighter days. The second step is the good news: you can get another house by getting your finances and credit in order and saving. You can buy a house after a foreclosure. It may take some time for you to re-build your credit and save, but I believe you can do it. You could rent for a while and save or find a house that has

a rent to own option in the lease agreement. I also suggest consulting with a personal financial adviser. The third step is to heal from having to leave your house, pick yourself up, do not feel sorry for yourself, and move your life forward for a better tomorrow.

Can you get past being laid off from your job? *Yes, you can!* The first step is to continue to believe in your abilities and trust in God. Have you lost hope? Losing your job can be a stressful time in your life, but stay positive and don't give up. You should look at your home budget and cut unnecessary bills and expenses, maybe cable television and lawn services. You should reassure yourself and your family that you all can get through this difficult time, because you have faith in you and God. The second step is get back in the work force by updating your resume and uploading your resume to every job bank online that you can and get out there and search. You may have to accept a job with less pay than your previous job to help maintain your finances. Filing for unemployment may be a temporary option for you. I believe in you, and I believe you can overcome this difficult time in your life. The third step is to heal from this job loss, by focusing on getting your new job and moving your life into a better direction.

Can you get through money problems in a relationship? *Yes, you can!* The first step is to convince each other that you two can overcome any problem. The second step is to understand the money problem and then solve it by downsizing, cutting back on luxuries, and doing whatever else you need to do. The third step is to remember to never allow outside sources to put your relationship in the dark. You must heal from this and live your lives together happily ever after.

Are you ready to leave your job and start your own business? *I believe you are ready!* The first step is to follow your passion and believe in your success. The second step is to understand it will not be easy to start up a business, but hang in there. The third step is to do your best to make your business a success by using your God-given talents.

Can you finally get out of debt? *Yes, you can!* The first step is to practice discipline in your life by controlling your spending. The second step is to start paying off your small debts first and then continue to payoff the next lowest debt until all your debt is paid off. You should look at your finances and try to set aside between 5 to 10 percent of your monthly income and use that money to pay down each debt one by one every month. If it seems difficult to set aside extra income, consider

eliminating unnecessary expenses. I believe you can truly become debt free, with careful planning and sticking to your plan every month. The third step is to heal from it and become debt free and use the extra money to invest for your retirement for your future.

Do you have the courage to ask your boss for a pay rise? *Yes, you do!* The first step is to believe that you really deserve that raise. The second step is to present a short speech with a few handouts to your boss when you ask them and be convincing. The third step is be ready to accept criticism, and do not be discouraged if he or she says no the first time.

Are you worrying about keeping up with the Jones family? *Do not bother!* The first step is to live sensibly and within your salary margin and do not worry about what your neighbors have. The second step is to realize that once you purchase something, in a year or two there will always be an updated version of it available. Live within your own personal family budget. Can you really afford to purchase a new car? Or is it better for your household finances to maintain your current car? Do you really need that large house? Or can you maintain in your current house until you can truly afford that larger house? The third step is to live your life based on your own finances and move your life into a brighter tomorrow.

Health

Can you get past being diagnosed with cancer? *Yes, you can!* The first step is to develop a strong will to fight this invading intruder and do not give up. You may wonder, *Why me?* It is difficult to predict who gets cancer and who does not, but if you were diagnosed with cancer, stay positive and maintain your will to live. The second step is to follow your doctor's orders and surround yourself with family members and supportive friends. Good people in your life can help you keep your spirits up and help you deal with the stress of going to your doctor's visits and the treatments for your cancer. I believe it can make you feel better when you visit support groups of people that are dealing the same disease you are dealing with. The third step is to start to heal from this cancerous invasion by staying positive and having faith that God will deliver you through this situation.

Can you stop smoking cigarettes and start working on a healthy lifestyle? *Yes, you can!* The first step is to admit to yourself you are addicted to cigarettes and that you are ready to quit. You have to have the will to want to quit. During the quitting process, you may have a

few set backs, but do not allow that to stop you. Stay focused on quitting. The second step is to understand that you can live without this addiction and you must be strong and find supportive techniques. You maybe able to quit without any support and others will need some help quitting. You can talk with your doctor and/or pharmacist about techniques available to help you stop smoking. The third step is to start healing from this addiction and continue to move your life ahead without this unhealthy and useless habit.

Can you overcome obesity in your life? *Yes, you can!* The first step is to truly believe that you are ready for a healthy change in your life. The second step is to set goals (realistic goals) for how much weight you want to lose and in what timeframe. I believe you should start by eating healthier; eating more fruits and vegetables, lean meats, nuts, and other healthy foods. I believe you should start an exercise program that you are comfortable with. I believe if you exercise at least three to four times a week and eat healthy most of the time; you should be able to meet your weigh lost goals. Consult with your doctor or other healthcare provider if you are unable to lose weigh on your own. The third step is to develop an exercise plan and a healthy eating plan so you can move your life forward and heal from that unwanted weight.

Can you move your life past a mental beak down and get your life back on track? *Yes, you can!* The first step is to follow your doctor's orders and prevent stress and other negative factors in your life. The second step is to join support groups to help you stay healthy and make plans to set goals to enjoy life. The third step is to heal from this break down and move your life into a healthier tomorrow.

Can you overcome from not being able to have children? *Yes, you can!* The first step is trust that God has a plan for you, and it is not always what you want but what *he* thinks is best for you. The second step is to understand that you have other alternatives to raising children, and remember that a parent is not the person that gives birth to a child; parents are the ones that raise and love their children. The third step is to understand that there are a lot of children that need a loving and supportive home, so heal from your situation, and help a child find a loving home. Adopt or foster a child.

Can you deal with your newly diagnosed diabetes? *Yes, you can!* The first step to understand diabetes and research as much information as you can. The second step is to listen to your doctor and pharmacist and eat

healthy and exercise and take your medications. The third step is to manage your diabetes to the best of your abilities by checking your blood glucose, and do not allow diabetes to manage your life so you can move your life into a healthier future.

Can you overcome addiction from prescription medications? *Yes, you can!* The first step is to believe that you have a problem and that you are ready to give up that addiction. The second step is to seek professional help if needed and surround yourself with a supportive audience to help you through this difficult time.

The third step is to heal from this addiction and move yourself into a drug-free life and continue to progress in your life.

Can you overcome doctors telling you that you may never walk again after your vehicle accident? *Yes, you can!* The first step is to thank God for sparing your life and pray that you will walk again and do not lose hope. The second step is to research different clinical cases similar to yours to help you understand your medical case, and do not lose faith. The third step is to stay positive and keep trusting in God. Remember that all doctors work for God, and God can make all kinds of miracles come true.

Can you overcome depression in your life? *Yes, you can!* The first step is believe in yourself and try not to lose hope. The second step is to obtain a caring doctor and follow your doctor's orders and take your medications as prescribed. I believe you have to find a way to deal with life problems and try not to worry about situations that you cannot control. Continue to pray for your depression and pray that God will give you the strength to deal with your problems. The third step is to heal by doing things that make you happy and surrounding yourself with supportive people in your life that will lead you to a bright future.

Overcoming Life Problems

Can you get past years of incarceration? *Yes, you can!* The first step is to believe in your abilities and be ready to change your life for the better for yourself. The second step is to find a job so you can get on your feet and be ready for opportunities to improve your life. The third step is to heal from your past crimes and avoid those people that are not positive in your life and move your life into a different and productive direction.

Can you overcome being a victim of sexual assault? *Yes, you can!* The first step is to understand that this is absolutely not your fault. Be strong, and do not lose

faith. The second step is to surround yourself with supportive family members and friends and join local support groups to help you through this difficult time. The third step is to start the healing process by taking as much time as you need to get your life back and moving your life forward for the better for you and seeking professional help if needed.

Can you get past not finishing high school? *Yes, you can.* The first step is to have the will to go back to school or earn your GED, and you must believe you can and follow through with it. The second step is the good news; it is never too late to finish school if you are willing to work at it. The third step is to focus on completing this goal and heal from the past so you can move into a better life for yourself.

Can you help your child deal with peer pressure? *Yes, you can!* The first step is to teach your child to be a leader and not a follower and talk to them about important topics (drugs, sex, bullying, being respectful, and etc.). The second step is to open all channels of communication with you and your child. Remind your child that they can always come to you if something or someone is bothering them. The third step is to help your child make wise decisions and communicate often to help your child develop leadership skills and progress throughout their lives.

Are you worrying about your child going away for college? *Do not worry!* The first step is remember that you raised them right to make smart decisions. The second step is to understand that your child is actually an adult and that you have to trust in them so they can have a bright future. The third step is the good news: you can always pay them a surprise visit if needed to make sure your child is moving their life in college in the right direction.

Can you deal with being cut from your school's sports team? *Yes, you can!* The first step is to continue to believe in you and continue to practice to improve. The second step is to talk with the coach and ask for pointers to help you improve to make the next tryouts. The third step is to heal from this experience and to not give up and move your skills forward and you will be surprised what you can do. Did you know that the basketball great, Michael Jordan, was cut from his school's basketball team? But that did not stop him from becoming one of the greatest basketball players of all time.

Can you overcome going back to college after dropping out of college over ten years ago? *Yes, you can!*

The first step is to believe you can do it and follow through with completing this time. The second step is to develop a plan for your college schedule, for your family time, and your job time and make it work. The third step is to realize it will not be easy to balance everything. But have a little patience, trust God, have your family help out, and hope for a better future for you and your family.

Can you get past a hurricane destroying everything you own? *Yes, you can!* The first step is to be grateful and thank God you survived the storm. The second step is to contact your insurance company and file a claim, and if you did not have insurance, apply for governmental assistance, and do not lose hope. You have to realize you have no control over this situation and you must maintain your faith that God will take care of it for you. The third step is to realize that most items you lost in the storm can be replaced, and the only choice you have is to heal from that storm and move your life forward for better days ahead.

Can you deal with your parents getting a divorce and having to live at both places? *Yes, you can!* The first step is to understand that sometimes things do not work out in relationships, and it is not your fault your parents decided to make that decision. The second step to realize is that your parents love you and will always be there for you, and you should help them with this transition. The third step is to heal from this situation and make the best of this difficult time and move your life into a better direction.

Can you deal with your child having behavior problems at school? *Yes, you can!* The first step is to try not to be so judgmental with your child and listen closely to their side of the story. The second step is to try to solve whatever problems your child is having at school, even if you have to go to the school and sit in the class with them. The third step is to understand that it is not easy to be a kid, and do whatever you need to do to help move your child forward to advance their educational experience.

Can you deal with your teenage daughter telling you she is pregnant? *Yes, you can!* The first step is understand that even good kids make bad choices in life, and even though you may be disappointed in them, comfort them and let them know you love and support them. You have to teach your children to learn from their mistakes and make better choices next time. The second step is to decide what is best for you and your daughter with the baby, and if the father is around, include him in that

decision. The third step is to heal from this situation and realize that this is not the end of your daughter's bright future; it is only a temporary delay to her achieving her goals and having a successful life.

Can you overcome finding out your son or daughter is using illegal drugs? *Yes, you can!* The first step is to confirm with your child that they are using illegal drugs and give them a chance to tell you the truth and find out why they started using it. The second step is to find out how they obtained the drugs and find ways to help them with their addiction by talking with the family doctor, searching Internet websites, support groups, local pharmacists, etc. The third step is to heal from this difficult time and help your child get their life back on track to better their future. Drug awareness should be taught early in a child's life, and parents should constantly talk with their children about the dangers of illegal drug usage. Parents should be observant of their kids and know when their behavior seems to change and their attitudes become unusual. These may be signs of drug or alcohol usage.

Can you overcome a loved one being killed in combat in the armed forces? *Yes, you can!* The first step is to know that they are heroes fighting to defend our country, and you should be very proud of them. The second step is to remember the good times with them and know that they are in a much better place now. The third step is to take as much time as you need to get your life back to as normal as possible and seek professional help if needed to help you and your family live for tomorrow.

Success

Can you be successful even though you have negative family members all around you? *Yes, you can!* The first step is to continue to believe in you and never allow anyone to tell you that you cannot achieve something. The second step is to realize that this is your life and not your family members' life. You must follow your own path. The third step is to heal from all of those negative people and move your life into a successful and positive direction.

Can you become a doctor? *Yes, you can!* The first step is to believe in you and really have a passion for it. The second step is to concentrate and take as many science and math courses in high school as possible. The third step is to understand that some days will not be easy, and you have to work long and hard, but keep your faith in God, and work hard. You will have a bright

future as a doctor.

Do you have the power to change someone's life?

Yes, you do! The first step is to remember that we all need help sometime in our life, and helping people can change their lives. The second step is to volunteer your time for a worthy cause at a local community center or a local shelter, or maybe a friend may need your help. The third step will be when you realize how rewarding it makes you feel and that it is the right thing to do to help people in need.

Are you unhappy with your life? *Do something about it!* The first step is to sit down and write down the reasons why you are not happy in your life. The second step is to take action to change each and every reason for your unhappiness. The third step is to keep happiness in your life because it helps you stay healthy and reduces life stresses on a daily basis. Unhappy people tend to lose hope, lose self-confidence, stop believing in themselves, have problems developing relationships with others, and sometimes they are diagnosed with depression. Unhappiness can negatively affect a person's health. Choose to be happy because your health could depend on it.

Do you think you can become a professional athlete?

I believe in you! The first step, of course, is to believe in yourself and your dreams. The second step is to never lose hope, even when things seem impossible, and surround yourself with people trying to do better for themselves. The third step is to work hard and do your best, and God will take care of the rest. Always keep God in your life.

Are you worried about scoring a good score on your SAT test for college? Do not worry! The first step is to believe you will perform well on the test and review the review material about two to four weeks prior to taking the test. The second step is to get plenty of sleep the night before and eat a good breakfast. The third step is to take a deep breath right before you answer the first question and remind yourself you will do well on your test, which will help you move your life into a better future.

I believe you can overcome any situation in your life.

The key to overcoming difficult times is to heal from them and do not allow them to become a permanent sore embedded deep within your skin. You should move your life forward and not backwards. Many people tend to want to live in the past, and it is very difficult for them to focus on healing and moving forward. I am not saying you should forget the past, but rather learn from

it and use it to help you make your future better. Life really does go on. It is your decision to continue your life, after going through difficult times. If you know someone that is in need of healing, lend a helping hand to help them out of their darkness and into their bright future. And if you yourself need healing but you are in denial remember if you do not heal from your situation, it will be difficult to move your life forward and enjoy all that God has in store for you. You will never know what God has for you until you maintain your faith and heal from your past situations. Live for your future and heal from your past situations, this will allow you to move your life into a brighter tomorrow.