

## If I could say Goodbye

By: Katrina Boersma

I hold myself up, while the world falls apart around me.  
While people leave and pain is made.  
I hold myself up when the pain is too great to handle.  
And all is left to do is the tears I cry. I hold myself up when  
no one else is here to do so. I wish I could close my eyes  
and never wake up. Because life as I know it has changed,  
And I know longer have a plan. I now only have the plan to  
take my own life, I can't say goodbye to those I love, I can't  
leave this world without saying goodbye. So I'm stuck in the middle  
of giving up, and fighting myself to find the hope, the will, and the strength  
to live the life God gave me.

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## From Hurt . . . To Healing Suicide Prevention for Teenagers and Adults

### Simple Thoughts to Complex Issues

#### Lesson 2: HOPE



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Katrina Boersma

*I have been taught natural  
laws since birth . . .*

Napoleon Hill says

*"Whatever the*

**MIND can**

**CONCIEVE and**

**BELIEVE it can**

**ACHIEVE."**

*What If . . . I could find a natural law or laws  
which would help me to learn how to think in  
a different way and help others to as well?*

*I then thought of the 5 H's To Success and  
wondered if I could change that to the 5 H's  
to Healing?*

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## From Hurt . . . To Healing!

### The 5 H's To Healing

1. HOPE
2. Head
3. Heart
4. Hands
5. HELP

Adversity  
Excitement ← Our Choice/Response  
Produce > Perseverance  
HOPE ← Produce > Character

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### Does an individual's personality have anything to do with depression, fears, hurt and suicide?

What Shape do you like the most?		What would cause you the most frustration?	
		Things being out of order	Things being out of control
OR		Conflict with others	Things being boring or not fun
		Not Sure... or, I Think This is a Stupid Question	
<a href="#">Click Here For Full Personality Mysteries Grid</a>			

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### Understanding . . .

What Shape do you like the most?		What would cause you the most frustration?	
		Things being out of order	Things being out of control
OR		Conflict with others	Things being boring or not fun
		Not Sure... or, I Think This is a Stupid Question	
<a href="#">Click Here For Full Personality Mysteries Grid</a>			

The Short-Term

The Long-Term

The Past

The Present

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## Simple Thoughts To Gain Hope . . .

Find healthy person who is a similar shape . . .

Work with that person to see your past from a different light, a different perspective. Find the potential positive from the past.

**Magic Atomic Ball Principle**

When hurt/pain/abuse enters into our lives it produces energy. That energy is neither good or bad inherently. Because of the terrible thing that has happened, we associate this new energy with being bad, but it does not have to be.

**Our Choice**

Those who make great choices daily to accept the energy and turn it into positive energy will have amazingly good things happen to their lives and the lives of others. Those who make poor/weak choices will have that energy turn into negative energy and it will probably destroy them and those around them. It is our choice!

Good Choices = Good Energy      Bad Choices = Bad Energy

UNLIMITED POWER/ENERGY

PAIN = HURT

Energy

Good Energy      Bad Energy

NATURAL LAWS

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## Simple Thoughts To Gain Hope . . .

Find healthy person who is a similar shape . . .

Work with that person to see how your future could be better. Work on a plan, set some goals. . . "Yes, even if you don't feel like it."

**Walls Of Opportunity**

My Current Way Of Thinking

1. Over the Wall  
2. Under the Wall  
3. To the Left  
4. To the Right  
5. Kick it Up  
6. Kick it Down

There are at least 6 different ways to turn around a situation that are usually easy to do. When we learn through walls, stories and the discipline of thinking our brains to see at least six ways to think, we see greater success.

NATURAL LAWS

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## Simple Thoughts To Gain Hope . . .

Find healthy person who is a similar shape . . .

Work with that person have some fun, enjoy life, understand that tomorrow will be a better day. Remember the fun times of the past and look forward to the future.

**Crab In A Bucket Principle**

This principle was discovered by an Lakota Indian Chief in South Dakota. He said that the Lakota Indians are like crabs in a bucket. When one tries to crawl out the others pull them back in. That is how poverty happens is when one person succeeds others, around them pull them down.

**The Solution . . .**

Each crab who escapes the bucket is NOT responsible for helping all the crabs out but to help 3 of the crabs, and then those 3 are responsible for each helping 3 more.

**Freedom For Everyone**

Good Choices = Success, Joy, Empowerment, helping/mentoring into others, taking personal ownership for our own choices, fulfillment of one's full potential.  
Bad Choices = Inequality, classism, enslavement, failure, not taking personal ownership for our own choices/future, and more pain.

NATURAL LAWS

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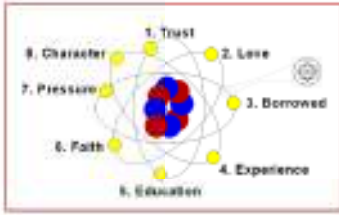
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## Simple Thoughts To Gain Hope . . .

Find healthy person who is a similar shape . . .

- 1. Seek to help someone else in the short term. Set some reasonable short term goals.



NATURAL LAWS

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## From Hurt . . . To Healing!

### Questions . . .

*There are consultants, coaches, and thought leaders who are certified to speak to groups, do TV/radio interviews, and/or provide individual/group coaching. Contact the individual, organization, or company who introduced you to this valuable lesson to you, or you may call toll free at:*

**888.230.2300**




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## From Hurt . . . To Healing!

Dear New Friends,

*When I was presented with the opportunity to co-author Teenage/Adult Suicide . . . From Hurt . . . To Healing!, I thought, "WOW! That is real scary!"*

*I then thought, "I have been given a second chance, there are many teens and adults who have not." I felt all the pain of my attempted suicide all over again and the pain of millions of others . . . and . . . know that all that pain could be healed, which took away my fear.*

*If you know of anyone who is hurting in any way, let's get connected. None of us know how close we could be or others are.*

**Live no regrets!**

*With sooooo much love,  
Katrina*




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