

Life on the other side

By: Katrina Boersma

I've been hurt, I've been broken,
I've lost hope, I've been in tears,
I've been scared. But in the end of all that,
I am still me. Still strong, and have a little
hope left. Life on the other side of a healing heart,
is hoping of a better life. Life on the other side of my
bad memories, are good memories waiting to be made.
Life on the other side is going to be better,
because I am trying to be a better me.
I will live strong because I am fighting to be
someone I want to be and need to be.

From Hurt . . . To Healing

Suicide Prevention for Teenagers and Adults

Simple Thoughts to Complex Issues

Lesson 3: Head



Katrina Boersma

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

Henry Ford said . . .

*"If you
believe you can
OR
believe you can not
YOU'RE RIGHT!"*

*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 now know . . . that I MUST . . . feed good,
positive, uplifting thoughts into my mind,
heart, and soul to heal from the hurt. I must
take ownership for my feelings!*

NATURAL LAWS

From Hurt . . . To Healing!

The 5 H's To Healing

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

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What do people need to learn "Head" to overcome depression, fears, hurt and suicidal thoughts/feelings?

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	
Click Here For Full Personality Mastery Grid			

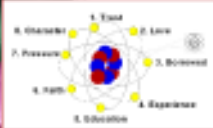
Understanding . . .

What Shape do you like the most?		What would cause you the most frustration?	
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OR		Conflict with others	Things being boring or not fun
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The Past The Short-Term The Long-Term


The Present

Simple Thoughts To Gain Head/Knowledge . . .
Find healthy person who is a similar shape . . .



We so often think about others as an amiable, what would be something which would make you feel special?


1. Work with an "Amiable" personality to figure out how we can prevent others from taking advantage of us while still be loving and kind.
2. If you had a really close friend . . . make a list of what you would love that friend to be mean to you.
3. Find someone in greater need than you are. Go to a nursing home, a hospital for terminally ill children. Find someone who has it a lot worse, than you do and gain perspective from them.



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



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

