

Little Dreams

By: Katrina Boersma

Starting out when I was young, dreaming of magical things that didn't exist. As I aged I realized those dreams don't come as often. Because life is getting real and dreams are changing. Life is no longer a fairytale, with pretty pink dresses and little white ribbons. Life is about facing reality and being strong. about asking for help before you get too close to the edge. Life is about making up your own fairy tale, and dealing with the moments that make life seem so cruel. Life is about finding the little dreams that still have a small ounce of hope of coming true. There are moments when everything falls apart, but there are always moments when everything gets better, if you believe life will get better, that is the first step believing everything will be okay.

From Hurt . . . To Healing

Suicide Prevention for Teenagers and Adults

Simple Thoughts to Complex Issues

Lesson 6: HELP



Katrina Boersma

I have been taught natural laws since birth . . .

To do more for the world than the world does for you - that is success. - Henry Ford

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?



NATURAL LAWS

From Hurt . . . To Healing!

The 5 H's To Healing

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

What do people need to learn from the 5th "H" - HELP to overcome depression, fears, hurt and suicidal thoughts / feelings?

Understanding . . .

Simple Thoughts To Healing . . .
 . . . by **HELPING** – we heal when we help others

When we **PRODUCE** more than we **CONSUME** we feel great about ourselves.

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.

Unlimited Power/Energy

Pain = Hurt
 Energy =

1. As an analytic personality we tend to have natural gifts of seeing and doing the little things well, thinking through things, planning and making sure we do things right. Give those things we are gifted in, to others.
2. Think about it . . . journal . . . "What are ways that I can produce more than I can consume?"
3. We produce when we give more to others than we take from others which help us to heal, gain hope and gain perspective.
4. Consider doing something that we aren't motivated to do as it will help us to build discipline.

NATURAL LAWS

Simple Thoughts To Healing . . .
 . . . by **HELPING** – we heal when we help others

Make a list of all those things we are passionate about and then seek to produce more than we consume by helping others through those gifts.

Walls Of Opportunity

My Current Way Of Thinking
 How Do You Think?

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

There are at least 8 different ways to think about a situation that are usually very hard to see. When we learn Personality Materials and the discipline of training our brains to see at least six ways to think, we see greater success.

1. Our gifts as a driver personality are often the ability to see in the future, the ability to have vision, the ability to drive things forward and the ability to do what others tend not to be able to do. Give all those gifts to others.
2. When we feel, out of control, we need to understand that sometimes, for control to be there, we need to allow things to get out of control.
3. Understand, that while we can often "see into the future" if it's negative we see, we could be wrong, and even what seems to be negative can be positive.

NATURAL LAWS

Simple Thoughts To Healing . . .
 . . . by **HELPING** – we heal when we help others


Sometimes . . . we as expressives, in our desire to have fun, will now allow others to see where we really are at, at a deep level. Be honest with at least one other person.

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.

1. Our natural gifts of making people laugh, having fun, drawing people together and having a great time are all gifts that we need to share with others.
2. We **MUST NOT** allow the surface fun, laughter to drown out the crying that is deep in our souls but no one can hear.
3. Talk to someone daily on how you are really feeling inside . . . someone who will help you to see the truth and not buy into the negative. You may not like this person, but will love them in the long term.

NATURAL LAWS




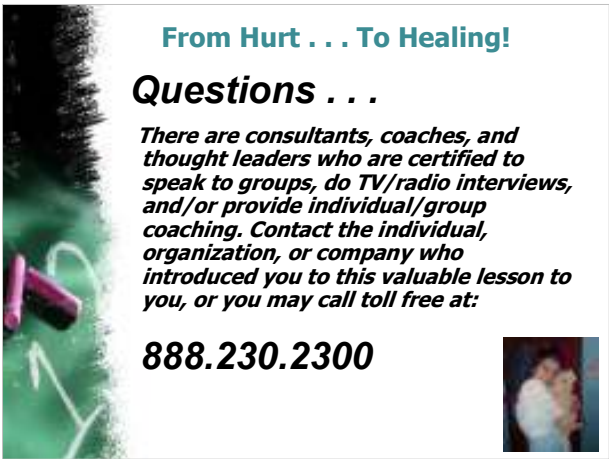
Simple Thoughts To Healing . . .

. . . by HELPING – we heal when we help others

Do not take on the weight of the world around us. We need to be very careful to make sure we are healthy before we offer good health to others.

1. Tom Kunz, past President of CENTURY 21, says "We can't give something we do not have."
2. It is very important that we do not allow the negative energy, attitudes, thoughts and feelings of others to weigh us down.
3. What can we do to HELP others without being drawn into a negative place?



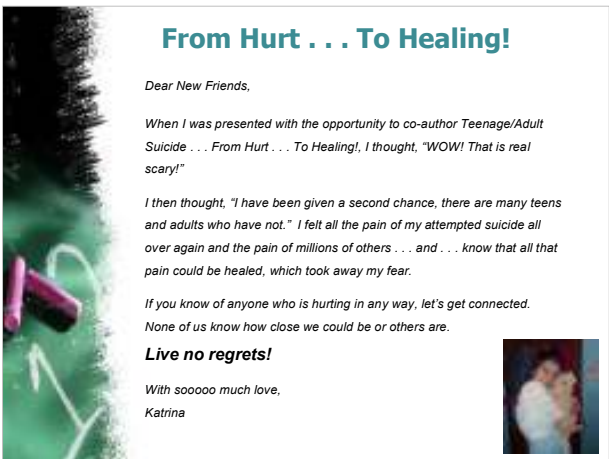


From Hurt . . . To Healing!

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*
