



Walker Therapy Services

WHAT BLOCKS EMOTIONAL PROCESSING/ HEALING?

- Feeling like you are going to forget the incident or the way it made you feel
- Feeling like by healing and processing your emotions you're going to be vulnerable to being hurt again
- Resisting the help of a therapist to neutralize those intense emotions
- Make sure to be introspective and address those parts of you that is concerned about what healing means
- Healing does not mean that you will forget what you learned from the incident
- Trust the therapists to guide you through successful processing to help you feel better faster
- Healing emotions and processing can make you feel stronger