

## THE HEALING HABIT - READING CHECKLIST

### TITLE

### READ

Introduction

How to Use This Book

Before we begin

### **Part I Intro - The Awakening: Seeing the Wound, Naming the Truth**

How To Begin Your Post-Traumatic Growth

How To Heal Self-Abandonment

How To Heal the Fear of Abandonment

How To Recognise Anxious Attachment

How To Heal Hypervigilance

How To Heal Family Betrayal

How To Heal Your Mother Wound

**TITLE****READ**

How To Heal Your Father Wound

How to Heal Your Inner Child

How To Cope With Emotional Violence

How To Manage Someone Who Weaponises Suffering

How To Heal From Conditional Love

How To Grieve The Childhood You Didn't Have

**Part II Intro - The Untangling: Releasing the Patterns  
That Keep You Trapped**

How To Heal from Toxic Projection

How Do I Come Back to Myself When I Feel Overwhelmed, Anxious, or  
Overstimulated?

How To Stop People-Pleasing

How To Hold Boundaries Without Guilt

How To Stop Feeling Responsible For Other People's Emotional  
Wellbeing

**TITLE****READ**

How To Stop Overthinking And Doubting Yourself

How To Stop Protective Self-Sabotage

How To Stop Waiting for Someone to Save You

How To Stop Needing External Validation

How To Heal Co-Dependency

How To Escape Without Blowing Up Your Life

How To Cut Contact With Emotional Predators

How To Insulate Yourself From Family Disapproval

How To Protect Yourself From Someone Else's Self-Destruction

How To Ground Yourself Until You Can Leave

**Part III Intro – The Reclaiming: Coming Home to Yourself and  
Building Who You Were Meant to Be**

How To Trust Yourself

**TITLE****READ**

How to Trust the Calm After a Lifetime of Chaos

How To Believe in Your Authenticity

How To Reshape Your Mindset

How To Build Confidence When You've Been Abused

How to Let Go of the Need to Prove Yourself

How To Stay Calm When Everything Feels Out Of Control

How To Create Your Own Nervous System Reset

How To Start Healing From Addiction

How To Stay Free from Addiction Without Shame

How To Start Saying Yes To Rest

How To Feel Wanted When You Were Taught You Didn't Belong

How To Feel Good At Any Age

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**READ**

**Part IV Intro – The Mastery: Living Unshaken and Unapologetic**

How To Keep Walking Forward When You're Being Judged

How To Win Anyway When They're Cheering For You to Fail

How To Succeed Despite Who Takes Credit

How To Tolerate The Intolerable

How To Silence the Critical Voice

How to Stop Apologising for Your Own Potential

How to Accept Compliments Without Shrinking or Deflecting

How to Stop Hiding Your Joy to Make Others Comfortable

How To Be Misunderstood and Stay Emotionally Free

How To Cope With Disappointment

How To Heal From Gaslighting

How To Self-Determine And Choose For Yourself

**TITLE****READ**

How To Care For Yourself When You're Angry With Others

How To Stop Your Mistakes From Becoming Painful Memories

How to Recognise When You've Finally Outgrown the Wound

**Part V Intro– The Integration: Living Your Healing Every Day**

How To Reset When You Forget Everything

How To Keep Your Progress From Slipping Back

How To Make Healing a Daily Habit

How To Stay Grounded When You're In Chaos

How To Live Fully, And Unapologetically

The Reset Cheat Sheet – Quick Reference

Coming Home to Yourself

Claiming Your Brilliance Cheat Sheet