

## **How To Keep Your Progress From Slipping Back**

### **QUESTION:**

How can I ensure that my healing becomes permanent and not just a temporary state?

### **ANSWER:**

Consistency, reflection, and structure are your friends. Healing is like building a muscle: daily practice reinforces strength, while neglect allows old patterns to creep back. To maintain progress, create small, repeatable rituals that keep you anchored to your values. Reflection allows you to see where you've grown and identify potential vulnerabilities. Progress isn't a straight line, it's an evolving landscape of wins, adjustments, and course corrections. By designing systems that support your emotional, mental, and physical wellbeing, you create stability in a world that constantly challenges it. Here's how:

**Daily micro-check-ins:** Five minutes each morning to assess your emotional state, triggers, and intentions.

**Anchor rituals:** Focussing after traumatic experiences, stress, or ill-health can be difficult. Simple acts such as journaling, movement, or mindful breathing can prevent you drifting away from your centre.

**Accountability partners:** Share milestones with a trusted friend or coach who honours your growth without judgment.

**Weekly audits:** Reflect on the week. What aligned with your values, what didn't, and why.

**Celebrate micro-wins:** Even small achievements reinforce new neural pathways and habits.

**Adjust without self-blame:** When setbacks occur, analyse, learn, and recalibrate rather than shaming yourself.

**Affirmation:**

My progress is permanent because I tend to it daily with consistency, reflection, and compassion.

**Journal Prompts:**

1. What habits today strengthened my healing?
2. Which situations challenged my boundaries?
3. How did I respond, and what can I learn?
4. What micro-win can I celebrate right now?
5. What will I do tomorrow to reinforce my progress?

**Visualisation:**

Picture yourself building a sturdy bridge across a turbulent river. Each stone is a healthy habit, a boundary, or a reflection. Together they create a stable path forward.

**Conclusion:**

Your healing is maintained by intentionality. Structure creates freedom.

**Final Thought:**

Stability doesn't happen by accident; it's the product of daily commitment, consistency, and choice.