

The Exercise

Build Your Healing Habit

This conversation asks you to stop thinking about healing as an event and start thinking about it as a practice. So instead of making a long list of everything you want to change, I'd like you to choose just one healing habit, one behaviour that, if repeated consistently, would strengthen the relationship you have with yourself.

Your healing habit might be:

- ♥ Speaking to yourself with kindness.
- ♥ Eating lunch instead of working through it.
- ♥ Going to bed when you're tired.
- ♥ Taking a ten-minute walk each day.
- ♥ Pausing before automatically saying yes.
- ♥ Asking yourself what you need before asking what everyone else needs.
- ♥ Leaving work on time.
- ♥ Writing down one thing you did well.
- ♥ Reading for fifteen minutes instead of scrolling.
- ♥ Or something else that's entirely your own.

Now write your healing habit in one simple sentence but rather than 'I want to be more confident' write 'every day I will...' Keep it specific, achievable, and repeatable.

Now ask yourself one question: **can I realistically do this most days?** If the answer is no, make your healing habit smaller and then build on it. Prove you can achieve the small habit, and the bigger habit will follow.

Healing is not built on ambitious promises, it's built on promises we can keep. Once you've chosen your healing habit, place it somewhere you will see it every day. On your bathroom mirror, by your bed, inside your diary, on your phone. Somewhere ordinary, because ordinary places are where ordinary decisions are made.

For the next week, your only job is to keep that one promise. Nothing more. You're simply becoming someone who keeps one small promise to themselves.

At the end of the week, ask yourself: **have I become someone who is more likely to keep that promise again next week?**

That is your healing habit and one healing habit, practised consistently, has the power to change everything.