

HOW WE GOT HERE. HOW WE GET OUT. HOW WE NEVER GO BACK.

THE HEALING LIBRARY  
*Summer*  
SCHOOL

NO CHARGE, JUST CHANGE.

A GUIDE TO YOUR  
SIX-WEEK JOURNEY

## **Welcome to the Healing Library Summer School**

I'm glad you're here. Whether you've just discovered The Healing Library or you've been exploring it for some time, you've arrived in the right place. The Healing Library Summer School was created for people who want to change something about their emotional wellbeing or mental health but aren't quite sure where to begin.

Perhaps you've spent years trying to understand yourself. You've read books, listened to podcasts, watched videos, and still found yourself repeating the same patterns. Perhaps you're tired of carrying beliefs, habits, worries, or responsibilities that no longer serve you.

If so, you're not alone.

One of the greatest challenges we face when we want to begin healing is knowing where to start. When we're overwhelmed, anxious, stuck, exhausted, people-pleasing, overthinking, or constantly doubting ourselves, it's easy to believe we need to fix everything all at once. The truth is that meaningful change begins with understanding ourselves, understanding our patterns, understanding how we became who we are and why we continue to do the things we do.

This is the purpose of the Summer School. It's not a traditional course. There are no deadlines, assignments, live classes, or expectations 'to keep up'. The Summer School is simply a guided journey through The Healing Library and designed to help you

explore the resources in an order that creates understanding, encourages reflection, and supports change.

## **You Are Ready**

Most of us begin our healing journey believing there is something wrong with us. We wonder why we overthink everything, struggle to relax, replay conversations in our minds, or find it difficult to trust ourselves. We look at other people who seem more confident, more capable, or more at ease and assume everyone else has worked something out that we somehow missed. Over time, these thoughts can become so familiar that they begin to feel true.

The problem is that we start our journey with the wrong question. Instead of asking, what's wrong with me? a more useful question is, what did the environment I grew up in teach me about myself, other people, and the world? When we look through *that* lens, many things begin to make sense.

The behaviours we criticise ourselves for rarely appear without reason. They're often connected to experiences, atmospheres, relationships, and circumstances that shaped us over time.

- ♥ The child who learns that mistakes lead to criticism may grow into an adult who struggles with perfectionism.

- ♥ The child who learns that emotions are unwelcome may become an adult who finds it difficult to ask for help.
- ♥ The child who constantly monitors the moods of others may become an adult who is anxious, hypervigilant, or overly responsible for everyone else's feelings.

These patterns don't develop by accident. They develop because they serve a purpose.

But what once helped us cope can eventually begin to limit us and what once helped us survive can prevent us from fully living. This doesn't mean there's something irreversibly wrong with us. It means there's something to understand.

One of the most important shifts in healing happens when we stop viewing our struggles as **evidence of failure** and start viewing them as **clues**. Instead of **judging** ourselves for our reactions, we become **curious** about them. Instead of **fighting** against ourselves, we begin **learning** about ourselves. That change in perspective matters.

When we understand why a pattern developed, we are less likely to be controlled by it. When we understand where a belief came from, we can begin questioning whether it still belongs in our lives. When we understand how we learned to survive, we can start learning how we want to live.

Throughout the Summer School, you'll be invited to explore with curiosity rather than with criticism. You'll look beyond behaviours and consider the experiences that shaped them. You may discover that many of the things you've judged yourself most harshly for were once attempts to cope, adapt, or protect yourself.

Understanding this doesn't remove responsibility for our choices but it creates a better foundation for change.

Most of us have spent enough time criticising ourselves. What we urgently need to do instead is practice self-compassion and understanding.

The good news is that while we cannot change the past, we can change our relationship with it.

- ♥ We can understand ourselves more clearly.
- ♥ We can make different choices.
- ♥ We can build new habits and develop new ways of responding to ourselves and the world around us.

That process begins with a simple thought: I'm not broken. I'm human. And I have a story.

And before that story asks for change, it deserves compassion and understanding.

## **What To Expect**

Everything you'll encounter in the Summer School is built around three simple questions:

How did I get here?

How do I get out?

How do I never go back?

These questions sit at the heart of The Healing Library because they reflect the three stages of healing. First, we understand the experiences, beliefs, and patterns that shaped us. Then we explore how change becomes possible. Finally, we learn how to build a life that is no longer controlled by old habits and old stories.

Over six weeks in The Healing Library Summer School, you'll be introduced to ideas, tools, and resources designed to help you understand yourself more clearly and to move forward with greater confidence. You'll explore the patterns, beliefs, habits, and choices that have shaped your life. You'll look deeply at self-abandonment, self-trust, and the small choices that create lasting change. You'll learn why certain behaviours develop, how meaningful change becomes possible, and what it takes to build a healthier relationship with yourself.

Most importantly, you'll discover that many of the things you've criticised yourself for are not signs that something is wrong with you, but signs of what you've learned, what you've experienced, and what you've had to do to cope.

You won't find quick fixes, and you won't find promises of overnight transformation. What you will find is a practical and compassionate approach to understanding yourself more clearly and creating change that lasts.

My hope is that this journey helps you see yourself differently, that it helps you understand patterns that may have confused or frustrated you for years, and that it reminds you that many of your struggles make sense when viewed in the context of your experiences. Most of all, I hope it helps you realise that change doesn't begin with perfection. It begins with awareness, understanding, and a willingness to take the next step.

This is not a journey towards becoming someone else. It's a journey towards understanding how you got here, how you get out, and how you never go back. Take what you need, leave what you don't.

No Charge. Just Change.

## The Background

Everything in The Healing Library and The Summer School is built around three stages of healing.

The first stage is understanding **how we got here**. Most people spend years focusing on the symptoms of their struggles without fully understanding their origins. They become frustrated by anxiety, self-doubt, overthinking, people-pleasing, perfectionism, or a lack of confidence but rarely stop to ask how those patterns developed in the first place.

How We Got Here is about understanding the experiences, beliefs, habits, and emotional patterns that shaped us. It helps us connect the past to the present and recognise that many of our behaviours make sense when viewed in the context of our lives. This is not about blaming the past or becoming stuck in it - it's about **compassionately understanding it**. When we understand *why* a pattern or coping mechanism developed we're better placed to decide whether it still serves us.

The second stage is **how we get out**. Awareness is important but at some point, awareness must become action. How We Get Out focuses on the patterns that keep us stuck and the choices that help us move forward. It's about recognising old habits, challenging unhelpful beliefs, developing healthier responses, and learning practical ways to create change.

This is where we begin replacing automatic reactions with conscious choices. We learn that change is rarely the result of a single breakthrough but created through an accumulation of awareness, practice, and the repetition of positive reinforcement.

The third stage is sustainability and shows us **how we never go back**. Many people have experienced moments of insight or periods of progress, only to find themselves slipping back into familiar patterns when life becomes difficult. This can be discouraging, but it's also completely normal. How is about building the awareness, habits, and self-trust that support lasting change. It's about creating a relationship with yourself that remains strong even when life feels challenging. The goal is not to create a perfect life or become a perfect person. The goal is to develop the ability to recognise old patterns, make different choices, and return to your real, true self when you lose your way.

Together, these three stages create a complete picture of healing. First, we understand, then, we change, finally, we build a future that is no longer controlled by the past.

Everything you explore during the Summer School connects back to this framework. Every resource, reflection, meditation, and exercise is designed to help you understand where you've been, decide where you want to go, and build the skills needed to get there.

Meaningful change begins with understanding and understanding begins with a question: how did I get here?

## **The Library Resources You'll Explore**

The Summer School is a guided journey through The Healing Library. Rather than wondering where to begin, you'll be introduced to the library's core resources in an order designed to create understanding and support change. Together, these resources form the foundation of the Summer School.

You'll begin with *Where Do I Even Begin?*, which explores how experiences shape beliefs, habits, and emotional patterns. From there, you'll move into *The Self-Abandonment Pattern*, where you'll examine the ways many of us lose connection with ourselves while trying to gain approval, avoid conflict, or meet the expectations of others.

You'll then explore *The Healing Habit*, which focuses on the behaviours and patterns that keep us stuck, before moving into *A Calmer Me*, a practical framework for navigating anxiety, overthinking, and emotional overwhelm.

Later, you'll discover *The Power of Small Choices*, and the role daily decisions play in creating lasting change. Along the way, you'll have access to books, meditations, reflections, and additional resources designed to support your journey.

## **Weeks One & Two**

### **Part One: How We Got Here**

#### **Conversation 1: Understanding Your Story**

The Foundational Idea That Patterns Make Sense

#### **Conversation 2: The Patterns That Protected You**

How Coping Mechanisms Develop

#### **Conversation 3: The Cost of Survival**

What Protected Me Then May Be Hurting Me Now

#### **Conversation 4: The Self-Abandonment Pattern**

I've Spent So Long Adapting To Others That I've Lost Connection With Myself

#### **Conversation 5: The Life Self-Abandonment Creates**

How Self-Abandonment Affects Every Area Of Your Life

### **Part One: The Bringing It All Together Week**

## **Weeks Three & Four**

### **Part Two: How We Get Out**

#### **Conversation 6: The First Act of Defiance**

Every Pattern Loses Power When It's Interrupted

#### **Conversation 7: The Healing Habit**

How New Patterns Are Created and Old Patterns Lose Their Grip

#### **Conversation 8: A Calmer Me**

Understanding Triggers, Reactions, & Emotional Regulation

#### **Conversation 9: Breaking the Cycle**

Creating Lasting Change

#### **Conversation 10: The Power of Small Choices**

Big Change Is Built Through Small Decisions

### **Part Two: The Bringing It All Together Week**

## **Weeks Five & Six**

### **Part Three: How We Never Go Back**

#### **Conversation 11: Building Self-Trust**

How To Stay On Your Own Side &  
Build A Life That's Got Your Back

#### **Conversation 12: Staying on Your Own Side**

Boundaries, Self-Respect, And Emotional Loyalty

#### **Conversation 13: Creating a Life That Supports You**

How To Build a Life That Builds You Right Back

#### **Conversation 14: I Couldn't Have Done It Without Me**

Recognising Your Role in Your Own Recovery

#### **Conversation 15: Your Emotional Freedom Plan**

A Personal Roadmap for Moving Forward

### **The Summer School 'Bringing It All Together' Celebration**

## **How to Use the Summer School**

The Summer School has been designed to be simple. It's all online but you can print the PDFs if you prefer. There are no deadlines, assignments, live classes, or pressure to 'keep up'. You don't need to complete everything, take extensive notes, or work through the material at a particular pace. The goal is not to finish as quickly as possible. The goal is to understand yourself a little more clearly than you did before you began.

Some people will move through the Summer School week by week. Others will spend longer on certain topics and move more quickly through others. Both approaches are completely valid. Healing is personal, and no two journeys look the same.

As you work through the Summer School, you may find it helpful to keep a notebook nearby because thoughts, memories, questions, and insights often appear when we least expect them. Sometimes a single sentence can stay with us long after we've forgotten everything else.

You may also find yourself returning to certain resources more than once. In fact, I encourage it. Understanding deepens with repetition, and different ideas will resonate at different stages of your journey.

Most importantly, leave perfection behind. You don't need to complete every exercise, watch every video, or agree with every idea. Take what's helpful, leave what isn't, and trust your own pace.

The Summer School is not about doing everything right. It's about staying curious, remaining open, and allowing yourself the opportunity to learn something new about yourself.

## **A Promise to Yourself**

Before the Summer School begins, I'd like to invite you to make a simple promise to yourself: **a promise to stay committed throughout your Summer School journey.**

Many of us are far harder on ourselves than we would ever be on someone we care about. We criticise ourselves for struggling, judge ourselves for making mistakes, and expect progress to happen more quickly than is realistic.

Over the next six weeks, I invite you to try something different: approach yourself with curiosity rather than criticism, allow yourself to learn without needing to be perfect, accept that some ideas will resonate immediately while others may take time, and most importantly, remember that healing is not a test you can pass or fail. It's a process of understanding yourself more clearly and responding to yourself with greater compassion.

Whatever happens during the Summer School, make a commitment to keep showing up, keep learning, and keep moving forward. That is more than enough.

## **Before We Begin**

During the Summer School, you'll explore where your patterns came from, how change becomes possible, and what it takes to build a life that is no longer controlled by old habits and old stories. Some ideas will feel familiar. Others may challenge the way you've always thought about yourself.

If at any point you feel overwhelmed, please email me with your concerns. I *will* respond.

[alison@thehealinglibrary.com](mailto:alison@thehealinglibrary.com)

The Summer School is built on a foundation of trust, compassion, integrity, and gentleness but healing and transformation can sometimes make us feel raw, vulnerable, and insecure.

You're not alone. I am here for you.

## **My Reason Why**

Like many people, I spent years trying to understand why I thought and reacted the way I did, why I found myself repeating patterns I desperately wanted to change but couldn't. Along the way, I read countless books, listened to the 'experts', explored different approaches, and searched for answers that would help me make sense of my own experiences.

What I realised was that healing often felt far more complicated than it needed to be. There was information everywhere, but very little guidance and practically no answers. Endless advice, but no clear path. Too often, people were left feeling overwhelmed, confused, or convinced they were somehow failing because change wasn't happening quickly enough.

The Healing Library was created as an alternative to that experience. It's a place where healing is approached with curiosity rather than judgement, where understanding and awareness matters more than being right or feeling justified, and where people can access support without barriers. Most importantly, it's a place where nobody needs permission to begin.

As the library expanded, I realised that many people weren't struggling because they lacked information. They were struggling because they didn't know where to start. Faced with innumerable resources all promising the answer, the question became

obvious: where do I even begin? The Healing Library and The Summer School is my answer to that question

Healing should be accessible to everyone. This is my way of making that happen.

I really look forward to seeing you on July 15<sup>th</sup>. No sign-up. No upsells. No Charge.

Just Change.

A soft-focus photograph of a field of white daisies with yellow centers, set against a clear blue sky. The flowers are in various stages of bloom, and their thin green stems are visible. The overall mood is peaceful and contemplative.

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