

Best Steps to Start Healing For People Who Think Too Much



Best Steps to Start Healing For People Who Think Too Much

We all wish there was a magic fix to make everything feel better, right? When you've been struggling for so long, it makes sense to want relief—fast. But if quick fixes actually worked, you wouldn't still feel stuck.

This guide isn't here to tell you that you're doing it wrong. It's here to help you see the difference between **what feels helpful in the moment** and **what actually leads to deep healing**.

Sometimes, the things we reach for—like distractions, people-pleasing, or waiting for someone else to change—feel safer than facing what's really going on. That's not because you're broken. It's because healing can be overwhelming, and no one ever taught you how to do it.

Letting go of what feels safe and stepping toward what you truly need **isn't easy—but you don't have to do it all at once**. This guide will help you take small, manageable steps that actually make a difference.

💡 A Note Before You Start:

If reading this brings up any difficult emotions, that's completely understandable. Healing isn't about doing everything perfectly—it's about being gentle with yourself as you figure out what works for you.



Why Wants vs. Needs Matter in Healing

It's completely normal to want relief from pain as quickly as possible. When you're overwhelmed, exhausted, or hurting, of course, you want something—anything—that makes you feel better right now.

But there's a difference between **what brings temporary comfort** and **what actually helps you heal**.

Why Does This Matter?

If we focus only on what we want in the moment, we often stay stuck in the same cycles of pain. But when we start shifting toward what we need, real healing becomes possible.

Here's what that looks like in everyday life:

- ◆ **WANT:** Numbing out with Netflix, scrolling, or junk food to escape overwhelming emotions.
- ◆ **NEED:** Creating space to check in with yourself and process what you're feeling—without judgment.
- ◆ **WANT:** Avoiding difficult conversations to keep the peace and not upset anyone.
- ◆ **NEED:** Learning to set boundaries so you stop feeling drained, used, or unseen.
- ◆ **WANT:** Searching for the one book, course, or therapist that will magically "fix" everything.

Best Steps to Start Healing For People Who Think Too Much

◆ **NEED:** Accepting that healing is a process, not a single event—and taking small, steady steps forward.

◆ **WANT:** Hoping someone else will change so you can finally feel better.

◆ **NEED:** Understanding that your healing isn't dependent on anyone else—it's about how you care for yourself.

This doesn't mean you're wrong for wanting comfort, reassurance, or an easier path. **It just means that if we only chase temporary relief, the deeper pain stays beneath the surface—waiting to resurface later.**

💡 Next time you notice yourself reaching for something that feels helpful but doesn't actually change things, pause. Ask yourself:

"Is this helping me move forward, or just helping me avoid the pain for now?"

No judgment. No shame. Just curiosity. That's the first step.



Notes Section

Handwriting practice lines (dotted lines) for notes.



Large dashed-line box for notes, spanning the right side of the page.



How to Shift from Wants to Needs in Healing

It's one thing to **understand** what you need—it's another to actually shift toward it. If you've been coping in ways that feel safe but don't really help long-term, **that's not your fault**. These patterns were often learned as survival strategies. The goal isn't to blame yourself—it's to gently guide yourself toward something better.

What Keeps Us Stuck?

Sometimes, even when we know what we need, we don't do it. That's because **our brains crave what's familiar—especially when we're struggling**.

Here's what that can look like:

- ◆ **You know you need to set boundaries**, but saying "no" feels terrifying, so you keep saying "yes" to avoid guilt.
- ◆ **You know you need to process your feelings**, but you keep pushing them down because stopping to feel them seems too overwhelming.our brains crave what's familiar—especially when we're struggling.
- ◆ **You know healing takes time**, but when progress feels slow, you wonder if you're doing it wrong—and you look for a faster fix.

If any of this sounds familiar, you're not alone. **Healing isn't just about knowing what to do—it's about feeling safe enough to do it.**

Best Steps to Start Healing For People Who Think Too Much

How to Start Shifting Toward What You Need

Instead of trying to change everything overnight, focus on **one small shift at a time**.

Here are some gentle ways to start:

◆ **If you tend to avoid emotions** → Try spending 2 minutes noticing how you feel without trying to change it.

(Example: "Right now, I feel anxious. That makes sense given what I've been through.")

◆ **If you struggle to set boundaries** → Practice saying "I need to think about that" instead of an automatic "yes."

(This gives you space to check in with yourself before committing to things that drain you.)

◆ **If you often self-criticize** → Imagine how you'd talk to a friend in your situation. Try saying those words to yourself.

(Example: Instead of "I'm such a mess," try "I'm having a hard time, and that's okay.")



Small shifts like these help you start choosing what you need without feeling overwhelmed. You don't have to do everything at once. **One step at a time is still moving forward.**





Notes Section

Lined area for notes, consisting of 25 horizontal dotted lines.



Large dashed rectangular area for notes, intended for a full-page note.





Breaking Free from the Illusion of Quick Fixes

When you've been struggling for a long time, it's natural to want something—anything—that will make the pain stop **right now**. Maybe you've thought:

- *"If I just read the right book, I'll finally get it."*
- *"Maybe if I change my mindset, I won't feel this way anymore."*
- *"If this person in my life would just treat me differently, I'd be okay."*

These thoughts aren't wrong—they come from a deep need for relief. **But healing doesn't come from one big moment of clarity or the perfect external change.** It comes from small, consistent shifts in how you relate to yourself.

Why Quick Fixes Keep Us Stuck

Chasing instant relief often leads to more frustration because:

- ◆ **It creates unrealistic expectations.** When healing doesn't happen overnight, you might think something is wrong with you (it's not).
- ◆ **It keeps the focus outside of you.** If you're waiting for someone else to change or for the "perfect" healing method, you give away your power.
- ◆ **It reinforces self-doubt.** When the quick fix doesn't work, you might assume you're "too broken" to heal (you're not).

Best Steps to Start Healing For People Who Think Too Much

A New Approach: Small Steps, Big Changes

Instead of looking for the one thing that will change everything, try this:

💡 **Pick one small thing to focus on today.** Not forever—just today.

- Maybe that means **noticing** when you start self-blaming and pausing before you go down that road.
- Maybe it's **letting yourself rest** without feeling guilty.
- Maybe it's **acknowledging** that you're struggling without judging yourself for it.

These things might seem small, but **they add up**. Healing isn't about doing everything perfectly—it's about doing *something* that helps you feel safer in your own life.

🌱 **Reminder:** Healing isn't a destination—it's a way of being with yourself differently over time. And that starts with small choices, not big leaps.



Notes Section

Handwriting practice lines for notes, consisting of 20 horizontal dotted lines.



A large rectangular area for notes, outlined with a dashed pink border.



The Shift from Coping to Healing

When you've been in survival mode for a long time, it's easy to mistake **coping for healing**. Coping strategies help you get through the day. Healing helps you change your life. **Both are valid, but only one moves you forward.**

Coping vs. Healing: What's the Difference?

- ◆ **Coping is about short-term relief.** Healing is about long-term change.
- ◆ **Coping helps you survive.** Healing helps you feel safe enough to live differently.
- ◆ **Coping numbs the pain.** Healing allows you to process it so it loses its grip on you.



Best Steps to Start Healing For People Who Think Too Much

Here's what this looks like in everyday life:

WHAT YOU MIGHT WANT

(Feels Helpful, But Keeps You Stuck)

Blaming Others

It's easier to focus on what others did wrong, but waiting for them to change keeps you stuck.

A Quick Fix

Hoping one book, one course, or one conversation will magically solve everything.

Ignoring How You Feel

Pushing emotions down because they're too overwhelming.

Hoping Others Will Read Your Mind

Wishing people just knew what you needed without you having to say it.

Avoiding Problems

Crossing your fingers and hoping things will fix themselves.

Distractions Like Netflix or Junk Food

Using food, screens, or busyness to avoid difficult emotions.

WHAT YOU ACTUALLY NEED

(Moves You Forward in Healing)

Taking Responsibility

This doesn't mean blaming yourself. It means recognizing what's in your control so you can create change for yourself.

Patience and Small Steps

Healing is a process, not an event. The small steps you take daily matter more than a single breakthrough.

Checking in with Yourself Daily

Spending even two minutes asking, "How am I feeling?" helps build self-awareness and self-trust.

Saying What You Need

Learning to express your needs helps you build stronger, healthier relationships.

Being Honest with Yourself

Facing what isn't working is the first step to real change.

Healthy Ways to Cope with Stress

Small actions like going for a walk, deep breathing, or talking to someone who listens help you process emotions instead of numbing them.

Best Steps to Start Healing For People Who Think Too Much

WHAT YOU MIGHT WANT

(Moves You Forward in Healing)

Pretending Everything's Fine

Keeping your true feelings hidden to keep the peace.

Trying to Be Perfect

Believing you have to get everything right to be worthy.

Waiting for Someone to Fix It for You

Hoping someone else will solve your struggles.

Being Your Own Worst Critic

Beating yourself up for every mistake

Running Yourself into the Ground

Pushing yourself without rest.

Avoiding Your Emotions

Using work, social media, or food to escape feelings.

Trying to Control Everything

Believing that if you manage everything perfectly, nothing will go wrong.

WHAT YOU ACTUALLY NEED

(Feels Helpful, But Keeps You Stuck)

Sharing Your Real Feelings

Letting yourself be honest (even just with yourself at first) creates deeper self-connection and healing.

Accepting Life's Messiness

You don't have to be perfect to be loved or to heal. Healing is messy, and that's okay.

Trusting Yourself

No one else has the answers for your life. Learning to trust yourself is a key part of healing.

Self-Kindness

You deserve the same compassion you give to others.

Taking Breaks When You Need Them

Rest isn't laziness. It's a necessary part of healing.

Letting Yourself Feel

Your emotions won't break you. Acknowledging them helps them lose their power over you.

Letting Go of Control

Some things can't be controlled, and learning to let go brings more peace.

Best Steps to Start Healing For People Who Think Too Much

WHAT YOU MIGHT WANT

(Moves You Forward in Healing)

Trying to Handle It All Alone

Believing you should be able to do everything on your own.

Chasing Approval from Others

Basing your worth on what others think.

Holding On to Old Wounds

Staying stuck in past pain.

Staying Around People Who Don't Get You

Surrounding yourself with people who drain you.

WHAT YOU ACTUALLY NEED

(Feels Helpful, But Keeps You Stuck)

Asking for Help

You don't have to do this alone. Seeking support is a sign of strength, not weakness.

Accepting Yourself As You Are

You are enough as you are—flaws and all.

Letting Go of the Past

Your past shaped you, but it doesn't have to define your future.

Finding Supportive People

You deserve relationships where you feel seen, valued, and safe.

Why This Shift Feels So Hard

If healing feels overwhelming, you're not alone. Many people in survival mode say things like:

"I don't even know where to start."

"I've tried before, and it never sticks."

"What if I fail? What if I make it worse?"

Healing requires **learning to feel safe in change**. And that means taking **small, doable steps** instead of trying to fix everything at once.

Best Steps to Start Healing For People Who Think Too Much

A Gentle First Step

Instead of pushing yourself to "heal perfectly," try this:



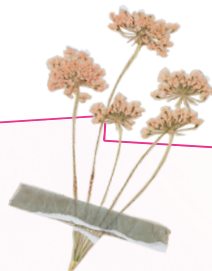
Next time you catch yourself coping, pause and ask:

"What would be a small, kind choice for myself in this moment?"

Maybe you still choose to binge-watch a show, but this time, you also **let yourself feel what's underneath the urge to escape**. That's healing.

Maybe you still say "yes" out of habit, but later, you **take a moment to acknowledge that your needs matter too**. That's healing.

Healing doesn't happen in giant leaps. **It happens in small moments where you choose yourself, little by little.**



Notes Section

Handwriting practice lines for notes.



Healing Happens in Small Steps, Not Giant Leaps

When you've been struggling for years, the idea of healing can feel overwhelming. You might think:

- *"There's too much to fix—I don't even know where to start."*
- *"I've tried before, and nothing worked."*
- *"If I can't do it all, why even bother?"*

These thoughts make sense. When you've been taught that healing means completely changing overnight, it's easy to feel stuck before you even begin. **But real healing doesn't happen in huge, dramatic breakthroughs. It happens in small, quiet choices—day after day.**

Why Small Steps Matter More Than Big Changes

Most people believe they need to make a huge change to heal. But the truth is, small steps **create the deepest transformation—because they're sustainable.**

Here's why:

- ◆ **Small steps feel safe.** If healing feels overwhelming, your nervous system will resist it. Gentle shifts help build trust with yourself over time.
- ◆ **Small steps add up.** Even if a change feels tiny, repeating it daily creates lasting change.
- ◆ **Small steps remove pressure.** You don't have to fix everything right now. You just have to choose one thing to focus on today.

Best Steps to Start Healing For People Who Think Too Much

How to Start Healing in a Way That Feels Doable

Instead of trying to *change everything at once*, start with one of these small shifts:

💡 **If you struggle with self-criticism** → Try speaking to yourself like you would a close friend.

(Example: Instead of “I’m such a mess,” try “I’m doing the best I can, and that’s enough.”)

💡 **If you feel disconnected from your emotions** → Spend two minutes checking in with yourself.

(Ask: “What am I feeling right now?” No fixing, no judgment—just noticing.)

💡 **If setting boundaries feels scary** → Start by pausing before saying “yes.”

(Practice: “Let me think about it and get back to you.” This gives you space to decide what’s best for you.)

💡 **If self-care feels impossible** → Choose one thing that brings you comfort, even for 5 minutes.

(A warm drink, a deep breath, listening to a song that soothes you—anything that feels doable today.)

Healing isn’t about doing everything perfectly. **It’s about making small, kind choices for yourself, over and over again.** Those small choices will carry you forward—even when you don’t see the progress right away.

🌱 **Reminder:** You don’t have to be “ready” to heal. You just have to be willing to take one small step. That’s enough.

Notes Section

Handwriting practice lines (dotted lines) for notes.



Large dashed rectangular box for notes.



You're Not Broken—You're Healing

Reading through this guide might have brought up a mix of emotions—hope, frustration, maybe even sadness. That's completely normal. **Becoming aware of the difference between what you want and what you truly need is a big step.** And big steps can feel uncomfortable at first.

If you're feeling overwhelmed, remind yourself:

💡 **Healing isn't about doing everything at once**—it's about taking one small step at a time.

💡 **You don't have to figure it all out today.** The fact that you're here, reading this, means you're already moving forward.

💡 **There is nothing wrong with you.** The patterns that kept you stuck were survival strategies. You are not broken—you are healing.

If You're Not Sure Where to Start, Try This:

If you struggle to name what you're feeling or why you're stuck, these two free resources can help:

◆ **The Feelings Guide** – Helps you go deeper than surface emotions and recognize what's really going on inside. Sometimes we think we're “just tired” or “just stressed,” but there's often something deeper beneath it.

◆ **Find My True Values** – If you feel lost, disconnected, or unsure of what you stand for, this guide will help you identify your core values—so you can start making choices that truly align with you.

Best Steps to Start Healing For People Who Think Too Much

If You Need More Support, You're Not Alone

You don't have to do this all by yourself. If you're looking for guidance, here are some ways we can help:

♥ [The Gem Collection](#) – Special gems to help you on your healing path.

✉ If you have any thoughts, questions, or need encouragement, you can reach us at team@startlivingyourtruth.com. We're here for you.

