



HealthyBodyHealthyLife
with *Melissa Koerner*

Module 3 - Part 7 Action Step Guide

How to Use the HURT
(Healing Unresolved Trauma)
Model

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Self-Confronting Your HURT

Note: The following questions are from autoimmune and trauma expert, Dr. Keesha Ewers', book *Solving the Autoimmune Puzzle*.

1. Briefly write a hurt down. How old were you? Who was present? What happened?

2. What emotion(s) do you feel as you recount this experience?

3. What do you feel in your body? Where do you feel the emotion in your body?



4. What meaning did you create to explain the hurtful experience?

5. What belief did you construct about yourself?

6. What behavior did you adopt to adapt to the meaning and belief?



7. How did this become part of your story? How do you tell this part of your story today?

8. Have you noticed this pattern repeat as this button gets pushed? What triggers it? Who triggers it?

9. Are you ready and willing to break free of this pattern?
