

# *Stages of Emotional Healing: 7 Challenging Steps Toward Growth*

**1. Recognition:** The Moment You Face the Pain

**2. Reflection:** Understanding What Lies Beneath

**3. Resistance:** When You Feel Stuck

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**4. Release:** Letting Go of What No Longer Serves You

**5. Rebuilding:** Creating a New You

**6. Renewal:** Embracing Change

**7. Resilience:** Turning Pain Into Strength

# Emotional Healing Trending

**Lightner Witmer**



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