

## Healing Your Emotional Self

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#### Healing Your Emotional Self

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You reduce your emotional distress by deciding to become a person who will experience less emotional distress: a calmer person, a less critical person, a less egoistic person, a more productive...

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10 Tips for Emotional Healing | Psychology Today

Emotional healing is a lot of work, so I will treat myself with loving care and remember to replenish my physical and emotional energy. I will try to slow down and feel my feelings. I will seek...

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8 Tips for Healing Emotional Wounds - Psych Central.com

Emotional Self-healing is when you start transforming these feelings instead of suppressing them or pouring them out into the world. The sobering reality is that in most of the cases we are not in control of our emotional energies. Many people would object now, saying that they are fully capable of controlling their feelings.

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Emotional Self-healing Training - Free-New-You.com

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