

Dear Brokenhearted,

This is a message of hope! You are not too far gone. You are seen, loved, and deeply valued — not because of what has happened to you, but because of who you are.

✦ You are allowed to grieve.

Betrayal shatters trust and alters our reality. Grief is not weakness — it's your heart's way of processing the depth of what was lost. Give yourself permission to cry, to rest, to breathe.

✦ You are not stuck forever.

Feeling stuck does not mean you are stuck. Sometimes healing looks like stillness. Sometimes it's one shaky step forward. Trust that the small steps matter. Healing is not linear, but it is possible.

✦ Speak life over yourself.

Here are a few truths to repeat aloud — even if your voice trembles:

- I am not what was done to me.
- I am deeply loved by God.
- I can move forward, even slowly.
- I will not let betrayal define my worth.

♥ You are invited...

If this message speaks to your heart, I'd love to walk with you on your healing journey. I've created resources, tools, and encouragement for women just like you.

Transformational Change Awaits,

Lisa Teichmiller

Enjoy your 7 Day Plan To Begin Your Healing Journey

7-Day Healing Journey Plan

A Simple, Steady Path to Emotional Grounding & Renewal

"Healing may not be fast, but it is possible. You are not alone. You are not broken. You are becoming."

Day 1: Create a Safe Space to Breathe

- ☐ Light a candle and create a calm corner — a chair, blanket, journal, and soft music
- ☐ Take 10 deep, slow breaths and name one thing you're grateful for
- ☐ Read this truth aloud: "I am safe to feel. I am allowed to begin healing."

Day 2: Write the Pain, Don't Carry It Alone

- ☐ Set a 10-minute timer and journal your heart without judgment — write what hurts
- ☐ Name the betrayal and how it made you feel (loss, confusion, anger, etc.)
- ☐ Read this aloud: "This pain is real, but it will not define me."

Day 3: Reclaim Your Body with Gentle Movement

- ☐ Stretch or go on a slow, mindful walk — feel the earth beneath you
- ☐ Play a soothing music or instrumental playlist
- ☐ Whisper this truth as you walk: "I walk forward in strength. Today, I embrace renewal."

Day 4: Connect with Safe Community

- ☐ Text or call a trusted friend or mentor who supports your healing
- ☐ Let someone know: “I could use a little encouragement today”
- ☐ Read this aloud: “I am not a burden. I am worthy of love and care.”

Day 5: Declare Truth Over the Lies

- ☐ Stand in front of a mirror and speak these truths aloud:
 - I am not what was done to me
 - I am deeply loved by God
 - I am healing, one breath at a time
- ☐ Write 1–3 affirmations and place them where you’ll see them each day

Day 6: Rest Without Shame

- ☐ Cancel one non-essential task today and replace it with rest
- ☐ Let yourself nap, read, journal, or just be still — no guilt
- ☐ Read this aloud: “Rest is resistance. I do not have to earn peace.”

Day 7: Cast a Vision of Hope

- ☐ Journal this prompt: What would it look like to feel whole again?
- ☐ Write a letter to your future healed self — speak life over her
- ☐ Read this aloud: “I am moving forward. The light is returning.”

You Are Invited...

Healing is not something you have to do alone. These 7 days are just the beginning. I’ve created resources, tools, and guided encouragement for women walking through betrayal, heartbreak, or grief.

 **Let’s walk this journey together.**