❤ HEART ❤ WOUNDS CHECKLIST

HOW DO I KNOW IF I HAVE HEART WOUNDS?

Signs of needing heart healing come in a variety of forms. Some of these symptoms and signs might need to be checked medically to be sure there's not more to them. After experiencing some of these, I went for a medical check, and to my surprise, I was told there was nothing wrong with me! Symptoms don't lie, though something was going on. I'm thankful the Heart Healing path opened up for me.

Work your way through these and decide for yourself if you have ❤ heart wounds that need healing ❤

Physical Symptoms

- [ ] Tiredness
- [ ] Headaches
- [ ] Sighing
- [ ] Hair loss
- [ ] Frequent Illness
- [ ] Muscular tension
- [ ] Jaw tightness
- [ ] Gut issues

Physical Symptoms

- [ ] Weight gain or loss
- [ ] Brain Fog
- [ ] Sadness
- [ ] Mood changes
- [ ] Loss of sex drive
- [ ] Sleeping issues
- [ ] Eating changes
- [ ] Skin issues

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Heart wounds come in various forms. It's the soul area of our being that carries the wounds so a check on our mind - mental health - will highlight potential heart issues we carry that need healing. Work through these lists and check any that you might be experiencing.

Mental Health Symptoms

- [ ] Depression
- [ ] Anxiety
- [ ] Overwhelm
- [ ] Hard to receive criticism
- [ ] Irritability
- [ ] Disorganized
- [ ] Sadness
- [ ] Mood changes

Mental Health Symptoms

- [ ] Difficulty concentrating
- [ ] Considering self harm
- [ ] Denial of obvious problems
- [ ] inability to do regular tasks
- [ ] Clutter
- [ ] Isolation
- [ ] Loneliness
- [ ] Second guessing yourself

If you checked any of these that could cause you or others harm and you are struggling to manage them, reach out to a friend, a doctor, or a support person and get help ASAP. Don't try to manage the danger alone.

The soul is the mind, the will, the desires and the emotions. The heart wounds sit on our souls and become a filter for much of our emotions. My emotions became a roller coaster ride, which I was losing control over. They would take over and manifest in ways that I was often regretful of and embarrassed about. Controlling these emotions became a nightmare. And the wounds manifested in some of these ways.

Emotional Symptoms

- [ ] Stress
- [ ] Anger
- [ ] Feeling Rejected
- [ ] Feeling Abandoned
- [ ] Lack self care
- [ ] No hobby or interest
- [ ] Crying
- [ ] Mood changes

The spirit part of us is where we get our life, light, energy and zest for life. Spiritual issues cause heart wounds, too, and need attention for us to live in alignment and balance. Everyone is a spirit being; ideally, this part of us should be the guide, the leader.

The spirit part of us is the essence of our life, and when it departs our body, we die. Sadly, we can still be living and dead in the spirit part of us if we don't feed our spirit. Here are some signs of heart wounds that have caused us to let the spirit part of us be suppressed.

Spiritual Symptoms

- [ ] Unforgiveness
- [ ] Fear of emotions
- [ ] Compulsive emotions
- [ ] Denial
- [ ] Compulsive behaviours
- [ ] Spiritiual health practices abandoned
- [ ] Fear of Vulnerabiltiy
- [ ] Fear of intimacy

HEART WOUNDS CHECKLIST

HOW DID YOU GO?

- [ ] Do you feel you'll be fine to go on as you are?
- [ ] Did you check enough boxes that give you cause for concern?

What will you do about YOU ... YOU get to choose!!

- [ ] Take action if action is needed and reach out for support.
- [ ] OR do nothing and everything stays the same?



Action Steps...

Click on the icon to join the Redemption Mumma's Facebook group and follow the Heart Healing Journey with me.



Click on the icon to register for my weekly FREE "Come, Taste and See" workshop. Hear stories and dive a bit deeper into what Heart Healing is all about and how it can help support you.

Click this link to book a Heart Encounter with Miriam. This is a paid-for one-and-a-half-hour session with a video recording and summary notes sent to you after the Heart Encounter.

Your past does not have to be reflected in your future. Changing your past means doing something different from what you've been doing.
Don't waste another week, month or year wondering about this.....DO IT and silence the voices, the lies. Break the patterns so you can create new pathways to be the BEAUTIFUL YOU you really are and deserve to be.

x
Miriam