

WHAT IS HEALING?

Below are 20 Facebook responses of how individuals defined healing!

Healing Is _____.

01. Possible with love and time. - Melissa Brown
02. Taking a moment to breathe. - John Garrett Walters
03. A process that is individually unique. - Yolanda Gould
04. Communal. - Tony Clark
05. Forgiving yourself and others. - Sandra Ponce
06. A journey of acceptance. - Issa Bascom
07. Evolving. - Pascal Bahri
08. A choice. - Sarah B. Harlow
09. An imperfect, transformative process. - Natalie Burikhanov
10. An honest, difficult journey into our pain, grief, loss, and shame. - Andy Mathews
11. Forgiving and moving forward. - Lori Fugate Patai
12. Freeing. - Alex Barreto
13. A process that is different for everyone. - Sandy Wright
14. Letting go. - Ricardo Rojas
15. Vulnerable. - Diane Ayuninjam
16. An ongoing process. - Nicole Dixson
17. One day at a time. - Melinda Patterson Hillebrand
18. Accepting what you cannot change. - Vince Caetano
19. Only the beginning of a new and meaningful life. - George Timothy Reed
20. A glorious journey with no end. - Martin Mendelson



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