

"Healing for Damaged Emotions" by David A. Seamands

- **1.** Face your problem squarely.
- 2. Accept your responsibility in the matter.
- 3. Ask yourself if you want to be healed.
- 4. Forgive everyone who is involved in your problem.
- 5. Forgive yourself.
- **6.** Ask the Holy Spirit to show you what your real problem is and how to pray.