

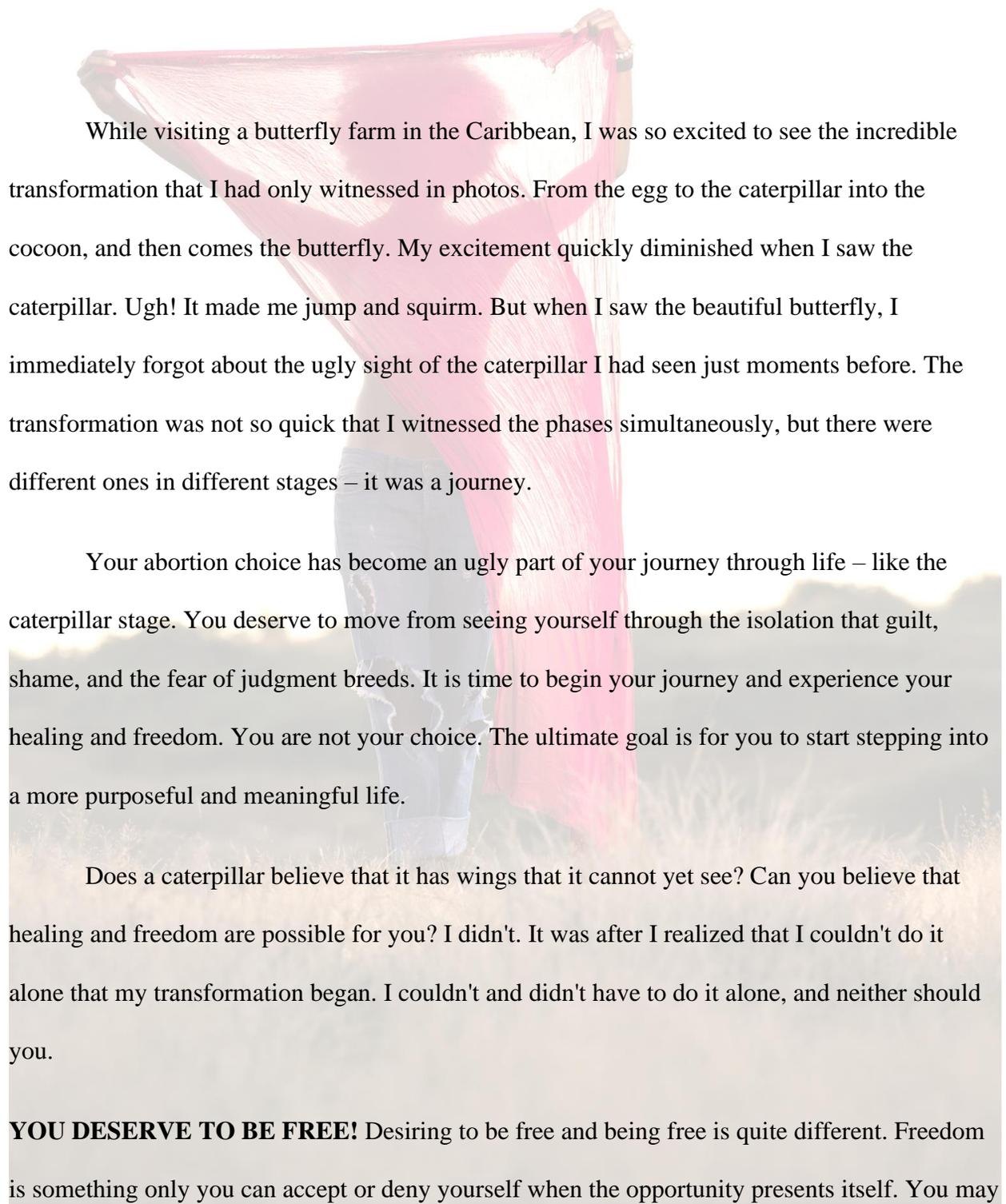
4 Essential Steps to Healing and Freedom for Abortion-Wounded Hearts



Workbook

Greta Be Coaching
KINGDOM PURPOSE COACH

4 Essential Steps to Healing and Freedom for Abortion-Wounded Hearts

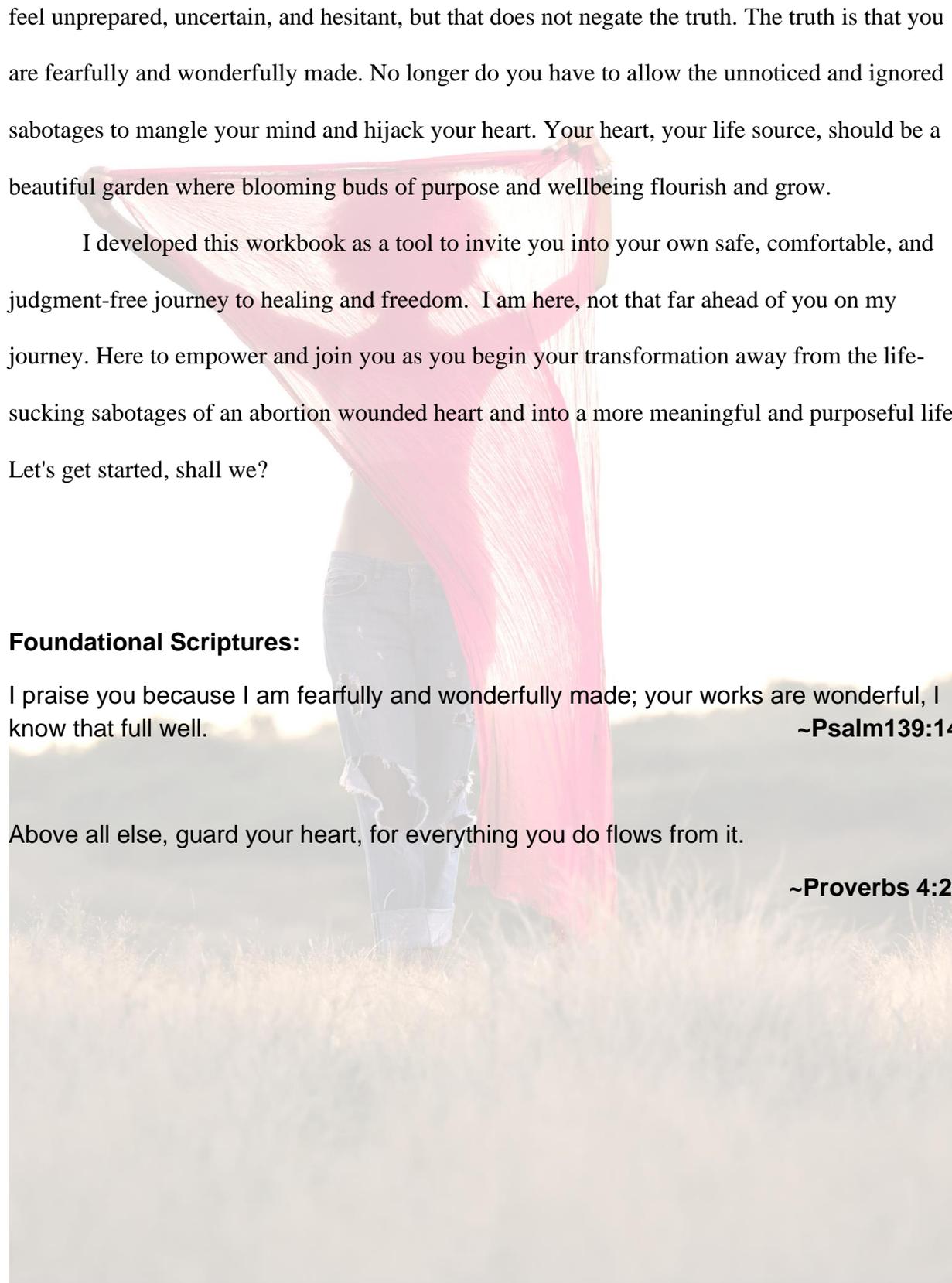
A person is seen from behind, holding a large, translucent pink net that is spread out in a wide, shallow cone shape. The person is standing in a field of tall grass, and the background shows a sunset or sunrise with a warm, golden glow. The net is held up by the person's arms, and it appears to be catching something, though nothing is visible inside. The overall mood is one of hope and transformation.

While visiting a butterfly farm in the Caribbean, I was so excited to see the incredible transformation that I had only witnessed in photos. From the egg to the caterpillar into the cocoon, and then comes the butterfly. My excitement quickly diminished when I saw the caterpillar. Ugh! It made me jump and squirm. But when I saw the beautiful butterfly, I immediately forgot about the ugly sight of the caterpillar I had seen just moments before. The transformation was not so quick that I witnessed the phases simultaneously, but there were different ones in different stages – it was a journey.

Your abortion choice has become an ugly part of your journey through life – like the caterpillar stage. You deserve to move from seeing yourself through the isolation that guilt, shame, and the fear of judgment breeds. It is time to begin your journey and experience your healing and freedom. You are not your choice. The ultimate goal is for you to start stepping into a more purposeful and meaningful life.

Does a caterpillar believe that it has wings that it cannot yet see? Can you believe that healing and freedom are possible for you? I didn't. It was after I realized that I couldn't do it alone that my transformation began. I couldn't and didn't have to do it alone, and neither should you.

YOU DESERVE TO BE FREE! Desiring to be free and being free is quite different. Freedom is something only you can accept or deny yourself when the opportunity presents itself. You may

A person is standing in a field of tall grass, holding a large, flowing pink fabric that catches the light. The person is wearing a dark top and blue jeans. The background is a soft, hazy landscape with a low sun, creating a warm, golden glow. The overall mood is peaceful and hopeful.

feel unprepared, uncertain, and hesitant, but that does not negate the truth. The truth is that you are fearfully and wonderfully made. No longer do you have to allow the unnoticed and ignored sabotages to mangle your mind and hijack your heart. Your heart, your life source, should be a beautiful garden where blooming buds of purpose and wellbeing flourish and grow.

I developed this workbook as a tool to invite you into your own safe, comfortable, and judgment-free journey to healing and freedom. I am here, not that far ahead of you on my journey. Here to empower and join you as you begin your transformation away from the life-sucking sabotages of an abortion wounded heart and into a more meaningful and purposeful life. Let's get started, shall we?

Foundational Scriptures:

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. **~Psalm139:14**

Above all else, guard your heart, for everything you do flows from it.

~Proverbs 4:23

Step 3 – Fight For Your Purpose

Make a conscious and intentional decision that you will no longer allow a decision of your past to continue to sabotage your present or future life.

When you think a thought, nobody hears it but you. Well, you don't hear it audibly; you hear it in your mind. When you make a verbal statement, anyone in earshot can hear you, and you can hear it yourself. It forms in your mind, you speak it out of your mouth, and then you hear it. I believe and invite you into my world to join this belief - that when you hear it with your ears versus in your mind, it has a more significant impact on your heart.

Place your hand over your heart. I want you to take a minute and think this to yourself: **"I made a fatal decision in my past, and it is not healthy for me to continue to allow it to impact my life negatively."** Ok, good. Now I want you to say this out loud: **"I made a fatal decision in my past, and it is not healthy for me to continue to allow it to impact my life negatively."**

Write below any differences you may have felt emotionally or physically when you thought it versus when you heard yourself say it.

Takeaway: Your thoughts are yours and yours alone. Until you create and write the notes of your thoughts onto the music sheets of your vocal cords, they cannot be shared or heard -not even by you. Consider this: how many thoughts are trapped inside your mind held captive because the music sheets of your vocal cords have been damaged—damaged by suppressed guilt, shame, and fear of condemnation and judgment. Your unique purpose and destiny are on the other side of your transformation. It will not be easy, but it is necessary.

Step 4 – Freedom to Be Unique

Put the thoughts of your guilt, shame, condemnation, isolation, and fear of exposure of your past decision in proper life alignment so that your present and future life can move you forward into all that God created you to BE.

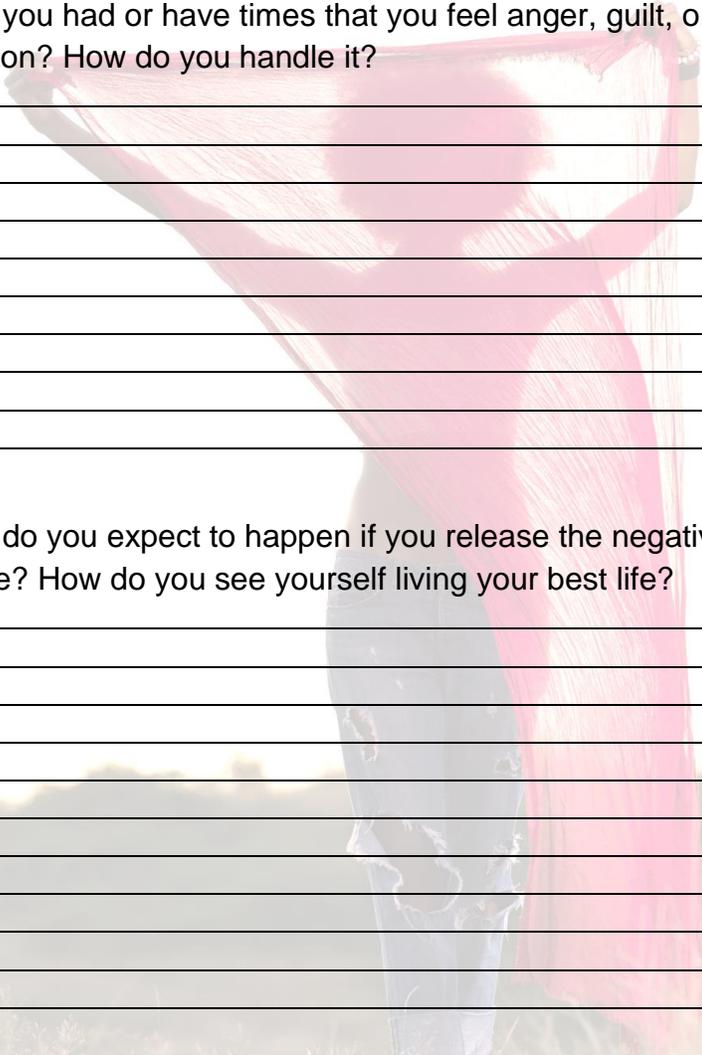
Every choice you have made, making, or will ever make in your life will be driven by outside circumstances – your parental/guardianship makeup, the sector of your society, financial straits, or systematic religious stigmas, etc. When people talk about abortion, the stigma begins and ends with the choice. The circumstances and paradigms are not located, uncovered, discussed, or validated. You may have never put your intentions into proper alignment because the loss of life was involved and understandably so. Nevertheless, even in grief, acceptance, regret, or suppressing – healing and freedom are paramount. Your choice does not define you. God took all of your mess taken into consideration when he created you. God created you to **BE YOU**nique.

*Place your hand over your heart. **Think about this:** Forgiveness is a gift that God offers me, and He never intended my decision to sabotage my life. **Now say this aloud:** "Forgiveness from God and me forgiving myself is the Two-Faceted Feat that becomes my kryptonite to expose and destroy the negative impact of my decision once and for all. Forgiveness is my superpower." Write below any emotions, thoughts, or feelings you experienced with the thought versus what you spoke.*

Takeaway: Begin to believe that you are capable of being loved and loving yourself through all moments of your existence, including those difficult times and challenging choices. Loving yourself will help you release difficult pain, anger, guilt, and shame. You will become empowered to embrace dignity, self-respect, a positive self-image on your divine journey to healing and freedom from your abortion wounded heart. Then, you can begin to step courageously and boldly into a more purposeful and meaningful life.

Self-Reflection Questions:

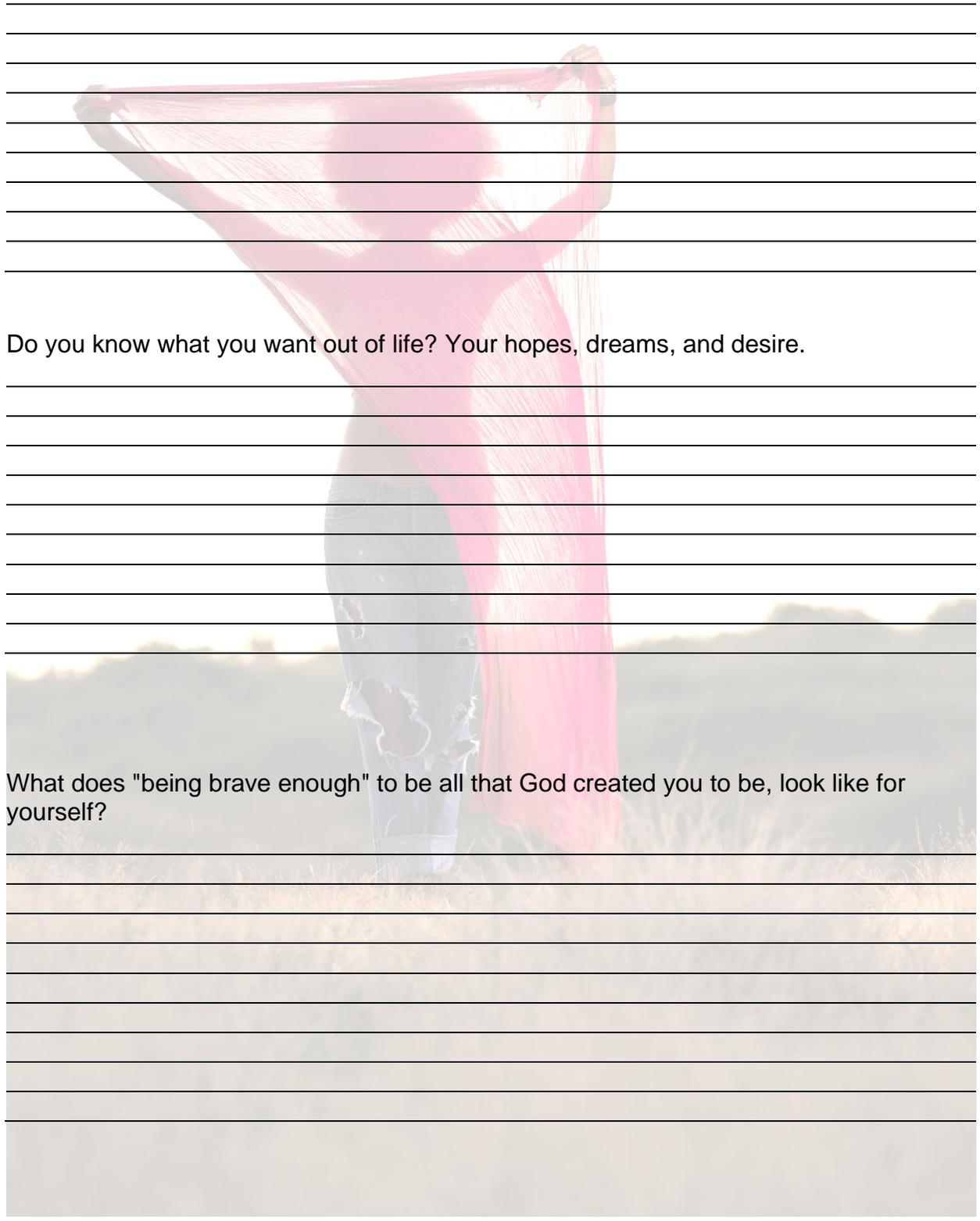
Have you had or have times that you feel anger, guilt, or shame about your abortion decision? How do you handle it?



What do you expect to happen if you release the negative feelings associated with your choice? How do you see yourself living your best life?

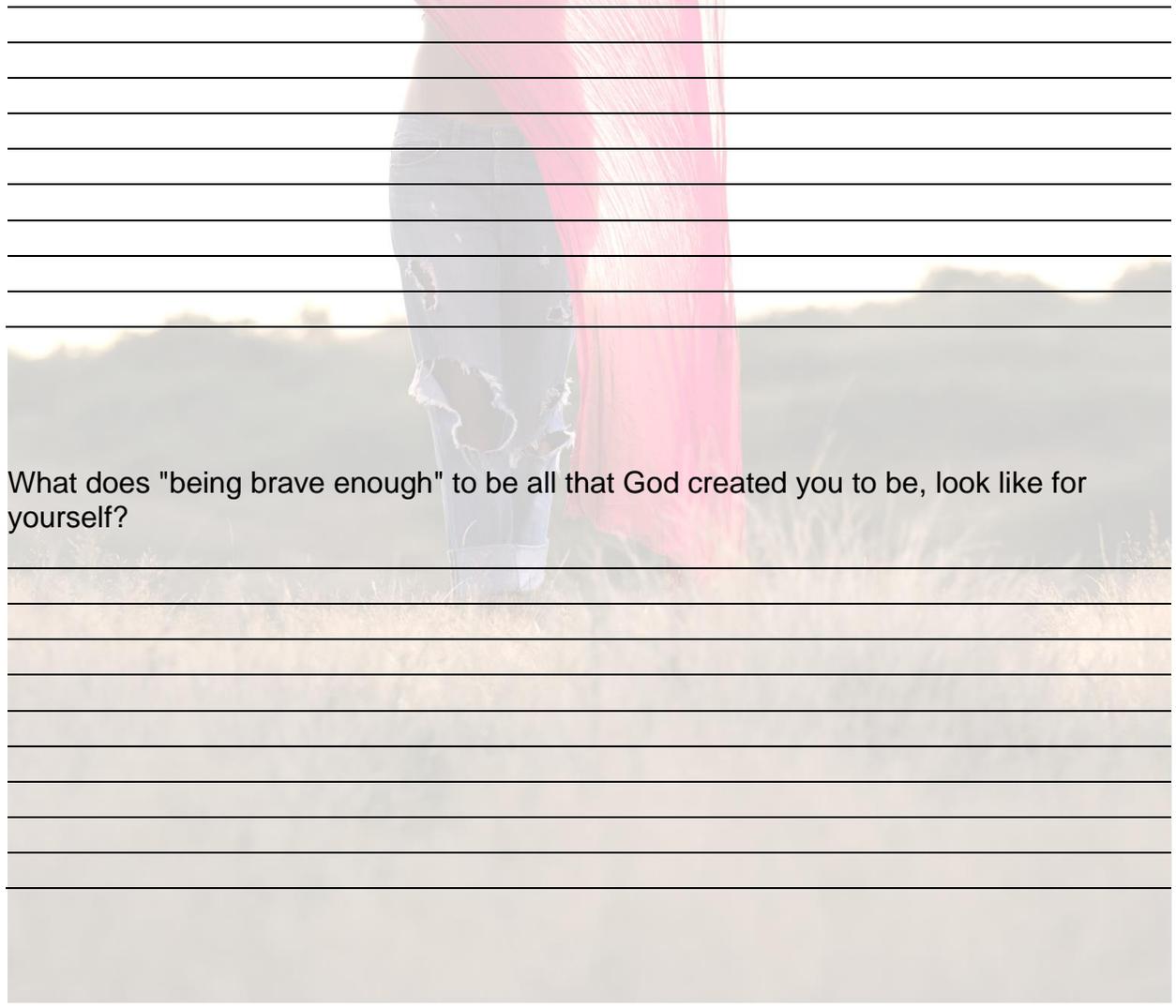
What beliefs do you think are preventing you from healing and freedom?

How have you let the expectations of others or what they may think to impact you dealing with your decision?



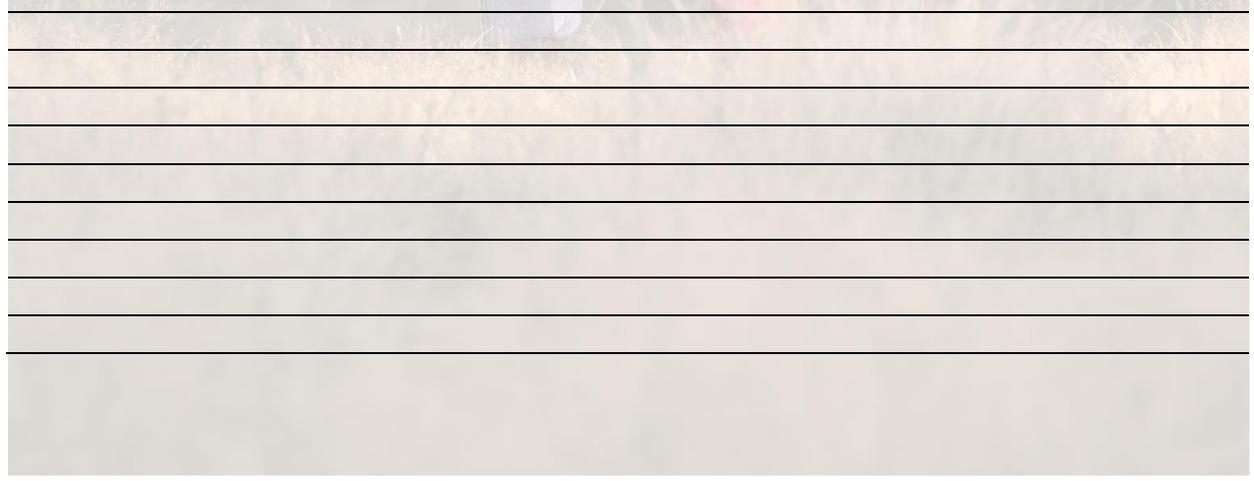
A series of horizontal lines for writing, overlaid on a faint background image of a person in a field holding a large pink net.

Do you know what you want out of life? Your hopes, dreams, and desire.



A series of horizontal lines for writing, overlaid on a faint background image of a person in a field holding a large pink net.

What does "being brave enough" to be all that God created you to be, look like for yourself?



A series of horizontal lines for writing, overlaid on a faint background image of a person in a field holding a large pink net.

My hope and prayer are that today you have the desire to be released from any need for retribution upon yourself for the choice that causes you pain. With every fiber of my being, I believe that God has a unique purpose for you that will significantly impact the world. The opportunity to release any guilt, shame, or brokenness and begin the journey of transformation into living in purpose and experiencing total wellbeing is here for you. The healing and freedom of an abortion wounded heart are like a beautiful butterfly flying out of its cocoon and into a gentle breeze. You are the butterfly. God's love and purpose for you is the gentle breeze.

For additional support, please feel free to join our safe and private Facebook group. Email me at greta@gretabe.com and I will personally send you a link to join.

