

# Creating a Healing Trajectory

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## Part 2

As promised last week, here is Part 2 of our journey into creating a *healing trajectory*.

In the first email, I shared the idea that a prognosis is not a prophecy — that while we may be given an *illness trajectory*, we also have the power to consciously choose a *healing trajectory*.

Today, I want to explore something that medicine often doesn't address directly, but which I believe can be one of the most powerful aspects of healing: **Your emotional world.**



This is the layer of healing that medicine rarely addresses directly, and yet it may be the most consequential. Emotional pain that has not been acknowledged or worked through holds the body in a state of quiet emergency. Grief, loneliness, fear, fractured relationships, the feeling of not being safe or genuinely seen: these are not abstract experiences. They are biological events. Chronic emotional stress suppresses immunity, disrupts hormones, disturbs sleep, and keeps the nervous system locked in a survival mode that leaves very little room for repair.

I would invite you to sit with some questions, honestly and without rushing toward answers. Writing them down often helps, because something about the act of putting words on a page makes the inner world more legible.

- How do I genuinely feel about my closest relationships?
- Are they a source of comfort, or of ongoing pain?
- Have I experienced a significant loss that I have not yet fully grieved?
- Do I feel safe in my daily life, or am I often braced and guarded, waiting for something to go wrong?
- Do I have something to look forward to?
- Is there anything in my life that makes me glad to be here?
- If I had a clean bill of health tomorrow, what would I do with the rest of my life?

That last question is one of the most powerful you can ask yourself, and I want you to take it seriously. Whatever arises in response to it, begin moving toward it now. Not after you recover. Not when things settle. **Now.** Start living as though your life has a future, because it does, and living that way is one of the most genuinely healing things you can

do. Stop organising your days around the illness and start organising them around the person you are becoming.

People who have something to move toward, something that gives their days a sense of meaning or quiet anticipation, tend to heal more fully than those who feel indifferent to their own future. If that sense of forward motion has gone quiet for you, finding it again is not an optional extra. It is part of your plan.

If this reflection reveals that your emotional world is genuinely depleted right now, please seek real support. A compassionate therapist, a counsellor, a group of people who understand what you are going through. There is no weakness in this. In many cases, it is the most direct path through.

Next week, in Part 3, I'll be exploring **Your Mind and Your Medical Care** — including how fear influences healing, how to build a healthier relationship with your medical team, and how to become a more empowered participant in your own wellness journey.

Until then, be gentle with yourself. Healing is not just physical, but emotional, mental, energetic.

With all my love,

*Anita* ♥