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emotional injuries
before they become
big ones. We all
sustain emotional*

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wounds. Failure,
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*occasional scraped
elbow. But while we
typically bandage a
cut or ice a sprained
ankle, our first aid
kit for emotional
injuries is not just
understocked it's*

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nonexistent.
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*Fortunately, there is
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mental first aid for
battered emotions.*

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emotional injuries*

before they become

big ones. We all

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part of life as the
occasional scraped
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*1. Take ?ve
slow, deep breaths.*

*2. Remind yourself
that this, too, shall*

*pass. 3. Accept all of
your feelings. 4.*

Have faith in you.

You can handle

*more than you might
believe at this*

moment. Use

meditation or prayer

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for added support. 5.
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Don't take anything
Failure And Other
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(EFA) Skills*

*When the rejections
we experience are
substantial, the
urgency of treating
our wounds with
emotional first aid is*

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*far greater. This not
only minimizes the
risk of “infections”
or complications but
also accelerates our
emotional healing
process. In order to
administer
emotional first aid
and successfully
treat the four
wounds rejection*

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clear understanding
of each of them and
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how our emotions,
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and behaviors are
damaged when we ...*

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*Rejections can inflict
four distinct
emotional wounds,*

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*each of which might
require some form of
emotional first aid:
lingering visceral
pain, anger and
aggressive urges,
harm to self-esteem,
and damage to
feeling that we
belong.*

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reading for anyone
looking to become
more resilient, build
self-esteem, and let
go of the hurts and
hang-ups that are
holding them back.*

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*We all sustain
emotional wounds.*

*Failure, guilt,
rejection, and loss*

*are as much a part
of life as the
occasional scraped
elbow.*

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significant rejection

as analogous to

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few of us have
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actually been
Everyday Hurts
stabbed in the chest,

but when
psychologists asked
people to compare
the pain of rejection
to physical pains
they had
experienced, they
rated their emotional

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*pain as equal in
Rejection Guilt
severity to that
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Heal small
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