

## *Your Guide to Taking an Injury & Making the Best of it. Part two: Into the Past*

<p><b>PREVIOUS INJURY</b></p> <p><b>DATE OF INJURY</b></p> <p><b>DID YOU HAVE SURGERY?</b></p>	<p><b>ESTIMATES:</b> HOW LONG DID DOCTOR SAY IT WOULD TAKE TO HEAL? DID YOU BELIEVE THEM? WHY OR WHY NOT?</p>	<p><b>TIME:</b> HOW LONG DID IT ACTUALLY TAKE TO HEAL? WERE THERE ANY COMPLICATIONS? HOW LONG DID THOSE LAST? WHAT CAUSED THE COMPLICATIONS?</p>	<p><b>ENVIRONMENT:</b> WERE YOU IN YOUR HOUSE OR A HOSPITAL AFTER? WHAT KINDS OF FOODS DID YOU EAT? DID YOU DRINK WATER?</p>	<p><b>TREATMENT:</b> WHAT MEDICINES DID YOU HAVE TO TAKE? WHAT DID THE DOCTOR TELL YOU TO DO AFTER? DID YOU HAVE TO SEE ANY OTHER DOCTORS?</p>	<p><b>DOING:</b> HOW WELL DID YOU FOLLOW THE DOCTOR'S INSTRUCTIONS? ARE THERE THINGS YOU DIDN'T DO? WHY OR WHY NOT?</p>	<p><b>PEOPLE:</b> WHO, IF ANYONE, WAS TAKING CARE OF YOU AFTER? HOW DID THAT PERSON BEHAVE AROUND YOU? DID YOU SEE FRIENDS? WHO?</p>	<p><b>EMOTIONAL:</b> WHAT WAS YOUR MOOD LIKE WHEN YOU WOKE UP? THROUGHOUT THE DAY? WERE YOU OPTIMISTIC? WHAT MADE YOUR MOOD BETTER? WORSE?</p>

## *Your Guide to Taking an Injury & Making the Best of it. Part two: Changing Our Beliefs (My Examples)*

**Finding:** *I usually didn't trust the doctor's estimate of time.*

**Why:** I had the belief that I had a bad immune system, was weak, an outlier, unlucky when it came to medical stuff, should air on the side of the more conservative estimate.

**Where did this belief come from?** Growing up, often I would go to the doctor with inconclusive results, and just get a broad spectrum antibiotic shoved at me. Which was frustrating. And made me think that they didn't know anything. My past experiences were such where this was an explanation that filled in what they couldn't.

**Consciously changing the belief.** I now choose to believe that the doctor is telling me what they know, to the best of their knowledge with a medical degree, but that it's totally possible that I'm going to heal faster than average.

**Finding:** *I mostly followed the doctor's orders, unless it was too uncomfortable, or expensive, or inconvenient with my schedule.*

**Why:** I had the belief that my comfort, money, and small tasks were more important than my health. This was also related to the belief that doctors were probably wrong, but we are already fixing that, so I'm going to focus on the first belief here.

**Where did this belief come from?** This one stumped me for a while, because I had to dig so deep for the answer. Why didn't I care if I was healthy? Was I gaining something from it? I was. I became special. Which meant that I didn't feel like I had anything worthwhile about myself, so I subconsciously found perfectly rational explanations for not listening, which literally kept me from healing quicker. I had to address the self esteem issue.

**Consciously changing the belief.** I choose to believe that have so much that's special and wonderful about me, to share with the world. In order for me to do that effectively, I need to be healthy. I am strongly committed to my health and well being.

**Finding:** *Sometimes, I was with family, who loved me, but also worried about me, and were cautious around me, and warned me not to do things that they perceived as possibly dangerous.*

**Why:** They worried that I would be hurt because they love me, and have the belief that the world is a dangerous place, and it's too easy for anyone to get injured.

**Where did this belief come from?** This has likely been passed down over and over again generation to generation, just as the instinct to protect one's children is. It's not my parent's fault that they think that way, because they are just acting on what they perceive to be true.

**Consciously changing the belief.** I choose not to believe that the world is full of danger. I know that danger exists, just as I know kindness, support, and love exists I choose to believe that there is good everywhere. The world is not out to get me, and I have faith that I will be alright. I will not let others' beliefs sway my own, and I will stand firm in my truth.

**Finding:** *I ate what I thought was healthy, as opposed to what I craved.*

**Why:** Because I believed I know better than my body what it needs. I also believed that eating food that wasn't what I thought of as "healthy" would make my body fat, which wouldn't be attractive.

**Where did this belief come from?** This was also a bit more of a loaded question than I was anticipating. The idea that there's a right and wrong way to look came from all of the magazines, blogs, etc that I've read by people who look perfect claiming that there was a right and wrong way to eat, so perfection of the body was achieved through diet and exercise. Since I'm not working out, I must eat healthy or I will look less than perfect.

**Consciously changing the belief.** I choose to believe that there is no such thing as the perfect way to look, and that I have many qualities that make me attractive. I choose to listen to my body when it asks me for nourishment in any form, and I accept that it may know better than I do what I need right now.

**Finding:** *My mood was variable, and though having a good mood didn't necessarily correlate to healing faster, having a bad mood definitely correlated to healing slower.*

**Why:** I believed that it's normal to be in a bad mood and have self pity because I was injured.

**Where did this belief come from:** All around me, I am surrounded by images and people that put out that it is not good to be injured. Maybe being in a bad mood would make other people more likely to want to help, or pay attention to me. I was likely reaping in the false rewards of living with this mindset.

**Consciously changing the belief.** I choose to accept my circumstances, and believe that I am in control of my own emotions. I believe I will have a better overall experience if I am nice to people and optimistic about my recovery.

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