

Free sample of:

60 DAYS
of
EMOTIONAL HEALING

Stop Fighting Against Yourself and Create Lasting Emotional Wellness

Nic Saluppo, M.A.

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How to Use This Book

This book was written as a daily reader so you can allow each concept to soak in before moving to the next one. Some people choose to read multiple days at a time, and that's okay too. If you decide to go that route, it's suggested you take time to journal about what stood out to you in each day. It can be tempting to move ahead to see what each new day is about, but emotional healing is experiential, not only intellectual.

It's common to confuse understanding with resolution. As such, people wonder why, after having read many books and attended many therapy sessions, they aren't getting better. To heal emotionally, you must reflect deeply, avoiding nothing about yourself no matter how far away it is from your idealized self-image. Next, you'll need to either process your emotions or take another specific action that supports emotional wellness. We'll explore various ways of doing both of those things throughout this book.

Many of the emotional states we'll explore as they relate to the emotional healing process, like shame, can only be healed by properly going through them. There's no way to intellectualize your way out of feelings like shame or fear. Because of this, it's recommended you take the time to experientially apply the concept described within each day. This might be done through journaling or some other action that will become apparent as you read that day's subject matter. Intellectually understanding a concept can give a false impression of progress. But without a lived, internal experience, we'll quickly revert to the state we were in before reading.

With all of that in mind, please read at a pace that works best for you while also remembering that healing requires action and internal experience, not just awareness.

What to Expect

In this book, the tools for emotional healing have been brought to life in some ways. They are spoken of as if they are alive and real. The purpose of doing so is to make the book experiential and not merely intellectual.

As examples, some of the main concepts discussed are inner divisiveness, shame, self-unity, the shadow, and nonjudgment. I've written about them in such a way that they become relatable beings, not just ideas of the mind. To experience emotional healing, we have to take the causes of emotional unwellness seriously. As such, I've capitalized the one and only cause of emotional unwellness: Divisiveness. The same applies to the one and only solution: Self-Unity.

Other concepts, like shame and nonjudgment, are described as tools in the same way a carpenter would use a hammer or a warrior would use a sword.

We cannot physically grasp emotional wellness, nor can we grasp mental illnesses and difficulties. But we know when they're present. Even though we cannot grasp them in a physical sense, they must be taken seriously—just as seriously as staying in your lane when driving, not falling off a cliff when hiking, or knowing how to swim when jumping into a body of water. Therefore, do your best to treat the forthcoming descriptions of your inner self as real, even though they're limited to your mind and emotions. While their existence may be limited to our minds and emotions, their impact isn't. Emotional wellness impacts our lives in many ways, as does emotional unwellness. We all know that. Yet, many people don't take the internal dynamics that lead to healing (or a lack of healing) seriously because they can't see and touch them in the same way we can see and touch something in our physical world. This book seeks to bring alive the internal dynamics that will make or break your emotional healing. In doing so, you'll be able to tell whether you're actually progressing or just spinning your wheels.

As one last note before getting started, the terms “feelings” and “emotions” will be used interchangeably. Some professionals differentiate these terms, describing emotions as physical sensations in the body and feelings as our subjective interpretations of those emotions. However, an interpretation implies intellectual engagement. Even if it's unconscious, interpreting is still intellectual. Additionally, the word “feelings” quite literally contains the word “feel.” To feel something is a physiological experience, not an intellectual one. With that short explanation in mind, the words emotions and feelings will be used interchangeably. In my view, the interpretations we make out of emotions are thoughts (the thoughts can be conscious or unconscious), as are the descriptive words we use to describe emotions. Whether this is how you choose to perceive the terms emotions and feelings is up to you, but just know they mean the same thing here.

Day One

It's an Adventure

To heal emotionally, standard advice won't take you far enough.

When we say it's an adventure, we're not talking about the type of adventure that might involve spending a month hiking in a country on the other side of the world. We're talking about a Frodo-style of adventure. In *The Lord of the Rings* movie series, Frodo trekked mountains, marshes, ran low on food, and encountered dragons along the way. He was away from home for thirteen months. If you haven't seen the movie series, it could be helpful to watch it, but with one caveat: Don't just watch it mindlessly. Instead, consider the movie as symbolic of your emotional healing journey. Each character represents something within yourself. There are helpers, healers, monsters, enemies, kings, and queens. All of them represent part of your inner landscape.

To successfully experience emotional healing, you'll need the sword of self-awareness and the shield of self-compassion.

If the self-compassion piece sounds a bit tepid to you, think again. Self-compassion is a difficult state to achieve. Most people settle for driving themselves with harshness and viewing abusive internal dialogue as normal. Just because you're talking to yourself in your own mind doesn't exempt the words from being verbally abusive. If you spoke to someone else the way you speak to yourself in your head, how would that go?

Achieving a state of self-compassion requires a warrior spirit. The good news is that you've been through enough trauma and emotional wounding that you already have an inner warrior spirit. The issue is channeling your inner warrior properly. This book will show you how.

You might fall and fall again, and if you do, don't let it surprise you. You may fall, but you'll keep going. Why? Because you're in it for the long-term emotional health benefits. You're tired of going through the same old patterns year after year and you're finally ready to break the cycle. You'll do whatever it takes to heal. You're done with the quick-fix mindset because you know it's no better than slapping a band-aid over an infection that runs deep into your flesh.

Indeed, this will be an adventure, and the life you know you're meant to live is at stake. Did you hear that? Your very life is at stake. Your dreams aren't just longings; they're there because you're meant to live them. Maybe not in the form you imagine, but in some form, you will live out your dreams as a result of this healing journey. For that to happen, you'll need to stop putting band-aids over the depression, frustration, and anxiety. You'll need to uncover what's beneath the surface. This book takes you to the root of your emotional unwellness and shows you how to become vibrant again.

In all likelihood, if you're reading this, it means you're ready for a different approach to emotional healing. Instagram therapy isn't doing it for you. Mainstream psychology has failed you as it has so many others. And if you're like I was, you've been fighting against a pseudo enemy, a shadow villain. You're punching air and making no headway. If you're going to be successful on this journey, you must first identify the true villain of your story. You can't win a battle if you don't know who you're fighting.

Part I

The Villain of Your Story

Day Two

Identifying the Villain

Attempting to take on an opposing force without first studying it is foolishness. That's especially true in this case because the villain, Divisiveness, is cunning.

Divisiveness pits various parts of your mind against one another, leading you to believe that negative thoughts are the enemy. This is exactly what happens in dog fighting. Each dog thinks the other is the enemy, when in reality, their owners are the true enemies.

Let it be clear: Emotional healing will not be gained by battling negative thoughts. The true enemy is Divisiveness.

Day Three

Where Does Divisiveness Get Its Power?

Shame.

Without shame, Divisiveness is nothing. It knows this, so it keeps you thinking that shame is the problem. Let's consider a few examples.

The macho man who never grieves the loss of a loved one thinks he's displaying mental and emotional toughness. In reality, he's being driven by the shame that tells him experiencing grief is weak and makes him vulnerable to further harm. You can see that the macho quality is more about shame than about genuine inner strength.

Or, the constantly busy friend who never takes care of herself believes she's being selfless, but that's not the real reason. What appears to be selflessness is actually driven by a feeling of shame for having needs. She believes her value lies only in being useful to others and therefore has devalued her own needs. In this case, you can see how being busy is driven by shame rather than being about living a full and meaningful life.

Divisiveness is far too cunning to use shame in a head-on, frontal attack. Shame enters through the side door or bypasses the gate by digging a tunnel underground. Think about it: You would never willingly allow shame into your mind and emotions, yet, it's there.

Day Four

The Weapon of Shame

Divisiveness uses the weapon of shame to infiltrate you, much like a gas. It doesn't make a clean cut like a knife or create an obvious hole like a bullet. Shame creeps in and wreaks havoc without its victim knowing it's there until significant damage has been caused.

If you hear statements like these in your mind, Divisiveness has weaponized shame against you:

- I'm not enough.
- There's something wrong with me.
- I'm a loser.
- I'm not lovable.
- I'm unhappy.
- I'm different from others in a strange, outcast-like way.
- Others deserve more than me.

Don't worry—there's a solution. We'll get to that, but first, let's continue laying the vital groundwork.

Day Five

The Shame Effect, Part I

When the gas of shame fills up every cell in your brain, you'll go in one of two directions:

1. "I'm not good enough and never will be, so I might as well just give up."
2. "I'm not good enough, but I can make myself good enough. I'll make myself worthy."

While option one is obviously unhelpful, the second option is equally unhelpful. But the second is cleverly disguised. Remember, a key component of Divisiveness is that it's cunning.

If I decide I'm not good enough and never will be, and that I may as well give up, Divisiveness has won an obvious victory. It has successfully cut me off from recognizing my healthy, higher attributes. Some who have been beaten down emotionally throughout life will yield to this fate. However, many will rally against it, opting for number two—making themselves worthy. They believe it's the better path, but it's not. It's merely a longer path to the same destination as option one.

Day Six

The Shame Effect, Part II

So, you've chosen option two. You'll fix the things about yourself that make you less than good enough. Then, the prize of emotional healing and wellness will have been won. At least, that's what we tell ourselves. But it doesn't work that way.

This option is like a looping trail in the forest. Ideally, you'd start from the side of the forest you're currently on, trek through the woods in a straight line, and come out on the other side. But you've taken a circular path. You enter the forest, go on a long journey, then end up where you began. Consider the following examples of a looping trail and then add your own:

The man who gains fifteen pounds of muscle asks, "Why do I still not think I'm enough?"

The thirty-something woman who loses twenty-five pounds wonders, "Why am I still viewing others as better than me?"

The middle-aged man who reaches his goal of a one-million-dollar net worth, while glad to have met his goal, feels no different emotionally. He may even feel worse, realizing that money didn't change how he feels about himself.

Loops have been made.

Sometimes a loop can take only months, but other times, it takes decades before a person realizes they've been going in circles instead of progressing.

Yes, many set out to make themselves worthy, only to arrive back at the beginning. This can be utterly disappointing.

Day Seven

The Shame Effect, Part III

“Maybe it was the wrong goal,” you reason.

No.

You can make one thousand loops, but with each new goal, Divisiveness grows stronger. Herein lies the great cunning of Divisiveness: Each goal reinforces the belief that if something about you can be fixed, you’ll be lovable and good enough. It’s always you going against another part of you. You versus the part of you that says you’re not good enough. You versus your body. You against your finances. You against your personality. You against your achievements or lack thereof. It’s all trickery. To be clear, there’s nothing wrong with having goals, dreams, and successes. However, it’s erroneous to believe those things will bring you lasting peace, joy, and emotional healing.

If only I can accomplish, achieve, or be more, then surely the voice that says “I’m not good enough” will subside.

It won’t.

As long as you need to do, be, or achieve something more to be good enough, you’ll never have a sense of getting there. As Jim Carrey said, “I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it’s not the answer.”

To reiterate, there’s nothing wrong with having goals and pursuing them. They are not the enemy. The problem is the belief that achieving the goal will bring you the emotional peace you’ve been seeking. You’ll get the emotional wellness you’re looking for only through Self-Unity.

Day Eight

The Divided Self

“You’ve got a divided self,” my late mentor, Ron, said. And it wasn’t the last time he said that.

He reminded me of this many times. Every time I tried thinking positively or moving in a healthy direction, a fight to the death would take place in my mind. I wanted the negative thoughts to go away. I just wanted them to stop. Yet the harder I fought them, the worse I felt. Paradoxically, fighting them seemed to strengthen them.

“You’re fighting yourself,” Ron would say.

Pause for a moment to reflect on this question: Is a fight against yourself ever winnable?

It may seem like it is at first, but if you reflect long and clearly enough, you’ll see that, psychologically speaking, you can never win by attacking yourself.

If you win an argument in a relationship, did the relationship improve? No. You might be happy, but if you’re both not satisfied with the outcome, the relationship as a whole didn’t improve. One person is happy while the other is upset. As far as the overall relationship is concerned, this result cancels itself out. The relationship improves only when both people ask, “How can we approach this situation so it’s reasonable and workable for both of us?”

In the same way, if you go head-to-head against negative thoughts, you’ll never win. Even if it seems like you’ve overpowered them, they’ve only crawled back into the unconscious where they’ll wait for their next opportunity to leap out, likely with more force than ever.

It may seem paradoxical, but to heal emotionally, you must surrender the idea of fighting against your negative thoughts. Healing begins when you stop fighting yourself.

Day Nine

Battling Yourself

If I have a negative thought, where is that thought taking place?

In me.

If it's taking place in me, whose thought is it?

Mine.

If the thought is mine, who am I battling if I try to exterminate the thought?

Myself.

"The most terrifying thing is to accept oneself completely."

—Carl Jung

Part II

The

Great

Adventure

Day Ten

Keep Your “Why” in Mind

Without keeping your “why” in mind, you’ll surely slip back into old ways.

Remember that this adventure isn’t a month-long trip abroad. This journey will stretch you to your limits. Does that cause you to want to turn away? That’s okay. We all contemplate turning back. It’s an inherent part of emotional healing because getting to peace and joy means walking through the pain.

Naturally, we all want the easiest answer, and I’m no different. When I first met Ron, he said, “You’ll have to get off the Prozac so you can feel your feelings and work through them instead of avoiding them.” It made sense, but I didn’t like it.

Prozac was keeping me from feeling the painful feelings of fear, anxiety, depression, anger, and the big one—shame. Then there was the even bigger one: Grief.

I don’t mean grief as in self-pity, such as, “Why does my life have to be this way?” or “I feel so bad for myself because this happened to me.” That’s not grief. Those are actually ways of avoiding genuine grief. I’m talking about grief defined as the raw, authentic pain of what was lost.

Without a strong “why” in place, I surely would have turned back, exiting the forest where I entered instead of sticking with it and coming out the other side. Yet, even with a “why” in place, I still wanted to turn back. That’s why your “why” must be bigger than your desire to escape.

The complete book is available on Amazon.

- Paperback: \$10.59
- Kindle: \$3.99 or available through Kindle Unlimited