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Summary: Emotional First Aid

Emotional First Aid Healing Rejection

Heal small emotional injuries before they become big ones. We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the 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 nonexistent.

Emotional First Aid: Healing Rejection, Guilt, Failure ...

Failure, guilt, rejection, and loss are as much a part of life as the 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 nonexistent. Fortunately, there is such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast ...

**Emotional First Aid:
Healing Rejection,
Guilt, Failure ...**

Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts. Prescriptive and unique, Emotional First Aid is essential reading for anyone looking to become more resilient,...

**Emotional First Aid:
Healing Rejection,
Guilt, Failure ...**

Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts. Guy Winch Ph.D. Heal small emotional injuries before they become big ones. 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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as the occasional scraped elbow.

Emotional First Aid: Healing Rejection, Guilt, Failure ...

EMOTIONAL FIRST AID
RBH Reliant Behavioral Health 10 Emergency EFA Skills to Help Yourself 1. Take 10 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 for added support. 5. Don't take anything personally. 6.

Emotional First Aid (EFA) Skills

When the rejections we experience are substantial, the urgency of treating our wounds with emotional

first aid is 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 causes, we need a clear understanding of each of them and a full appreciation of how our emotions, thought processes, and behaviors are damaged when we ...

Emotional Wounds: Why Even Stupid Rejections Smart a Lot ...

If we graze a knee, we reach for disinfectant and band-aids - but how do we heal emotional cuts and bruises? Bestselling psychologist Guy Winch offers an arr...

Healing Rejection, Guilt & Failure - Psychologist Guy ...

Guy Winch, Ph.D., is a licensed psychologist, keynote speaker and author. His books, *Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts* (Plume, 2014), *How to Fix a ...*

Guy Winch Ph.D. | Psychology Today

1. Rejection--The emotional cuts and scrapes of daily life. Description: Rejections can inflict four distinct emotional wounds, 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.

Emotional First Aid: Practical Strategies for Treating ...

Emotional First Aid: Healing Rejection, Guilt, Failure and Other Everyday Hurts. New York: Plume – Penguin Group. *Emotional First Aid*. Related Articles.

Emotional First Aid - Psych Central

Prescriptive and unique, *Emotional First Aid* is essential 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. We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow.

Emotional First Aid: Healing Rejection, Guilt, Failure ...

Rejections can inflict four distinct emotional wounds, 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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 significant rejection as analogous to being punched in the stomach or stabbed in the chest. True, few of us have actually been 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 pain as equal in severity to that associated with

Emotional First Aid

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 Healing Rejection,
 Guilt, Failure, and
 Other Everyday Hurts
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