

A stylized graphic of a plant with several leaves. The leaves are rendered in shades of yellow, gold, and light purple, with white outlines. The graphic is centered behind the main title text.

5 THINGS

I HAD TO UNLEARN

TO HEAL

GOOGLE ME, I'M ALREADY HEALED™

Sharmain

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This work was birthed from lived truth, healing, and grace.

Thank you for honoring the heart behind it.

Why I Wrote This

Healing taught me something I didn't expect—I had to unlearn before I could move forward.

Not just habits, but beliefs.

Not just what hurt me, but what I told myself because of it.

These five truths came from lived experience. Hard moments that humbled me. Healing that changed me.

If you're somewhere in that process too, I want you to know:

You're not broken, you're unfolding.

And unlearning is part of healing.

Let's start there.

Rooted in Purpose. Unfolding in Grace

Sharmain 



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Day 1: “That’s Just How I Am.”

WHAT I BELIEVED:

My reactions were justified because of what I’d been through. The sharp tongue, the walls, the silence. It was survival. I told myself this was just who I am.

WHAT I KNOW NOW:

Survival formed habits that healing is allowed to challenge. I am not just my trauma—I’m who I choose to become beyond it. Growth means I don’t let pain speak for me anymore.

Self-awareness is not shame. It’s strength.

Pause and Unfold:

Is there something—or someone—I said I forgave, but I still carry the pain silently?

Day 2: “I Don’t Need Anybody.”

WHAT I BELIEVED:

Being strong meant being alone. Depending on others felt like weakness—or worse, setting myself up for disappointment again. So, I built a wall and called it wisdom.

WHAT I KNOW NOW:

True strength includes trust. Not reckless trust, but healed discernment. Healing doesn't happen in isolation. It needs reflection, connection, and safe people.

Even Jesus walked with 12.

Pause and Unfold:

Is there something, or someone, I said I forgave, but I still carry the pain silently?

Day 3: “I Forgave, So I’m Over It.”

WHAT I BELIEVED:

Once I said “I forgive you,” it meant I was healed. That I was supposed to move on, stop feeling, and never bring it up again, or else it meant I hadn’t really forgiven.

WHAT I KNOW NOW:

Forgiveness is a doorway, not a destination.

It opens the path for healing, but the pain doesn’t evaporate just because I chose to forgive. Real healing takes processing. Emotionally, spiritually, and sometimes even physically.

Forgiveness is spiritual. Healing is layered.

PAUSE AND UNFOLD:

Is there something—or someone—I said I forgave, but I still carry the pain silently?

Day 4: “I’m Too Damaged to Be Used.”

WHAT I BELIEVED:

My mistakes, my trauma, my brokenness—disqualified me. I thought God could use other people with cleaner stories. People who didn’t fall so far. Who didn’t get back up with scars.

WHAT I KNOW NOW:

God isn’t looking for perfection—He’s looking for surrender. He used a stuttering Moses, a doubting Thomas, a promiscuous Rahab, and a persecuting Paul. Why not me?

My pain doesn’t disqualify me—it positions me to reach others who’ve walked through similar valleys.

PAUSE AND UNFOLD:

What part of my story have I been hiding or shrinking from, thinking it made me unusable?

Day 5:

Day 5: “If I Ignore It, I Will Heal.”

WHAT I BELIEVED:

If I stayed busy, stayed strong, stayed silent, eventually the pain would fade. I thought time would do the healing if I just didn't look back. So I buried it. And called that healing.

WHAT I KNOW NOW:

Ignoring pain doesn't heal it. It hides it.

And what stays hidden will eventually show up in the way I love, trust, work, parent, and pray.

Healing is intentional. Ignoring is delay in disguise.

PAUSE AND UNFOLD:

What pain or truth have I been avoiding, hoping it would disappear on its own?

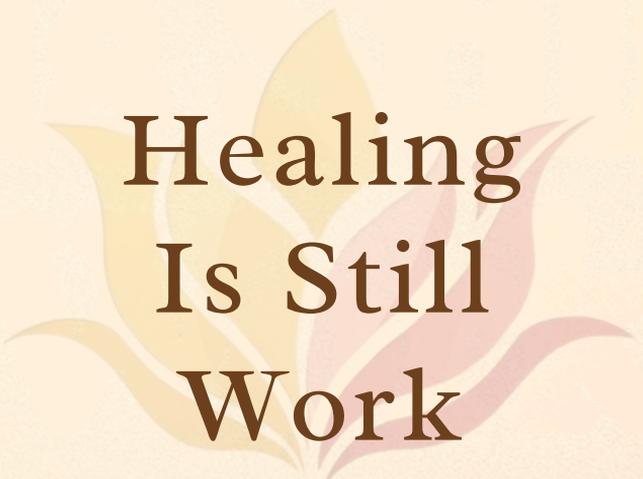
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Healing Is Still Work

Rooted in purpose and
unfolding in grace,



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