

# Joseph's Journey:

The 3-Step Pathway from Hurt to Healing



## Decision 1: Reveal Your Hurts

Honestly name your pain to God or others to prevent emotional explosions or bitterness.



### Forgiveness is Not Trust

Forgiveness is instant and mandatory for healing, but trust must be earned over time.

## Decision 2: Reframe Your Experience

Look beyond the pain to see how God can use suffering for a higher purpose.



### God Never Wastes a Hurt

Affliction is used to produce endurance, proven character, and increased empathy for others.

## Decision 3: Release Your Enemies

Forgive those who hurt you to set yourself free from the poison of a grudge.



### Healing Prevents "Volcanic" Eruptions

Processing wounds early avoids the inevitable explosion of long-term anger and depression.

UNPROCESSED  
ANGER & DEPRESSION

## Essential Principles of the Pathway