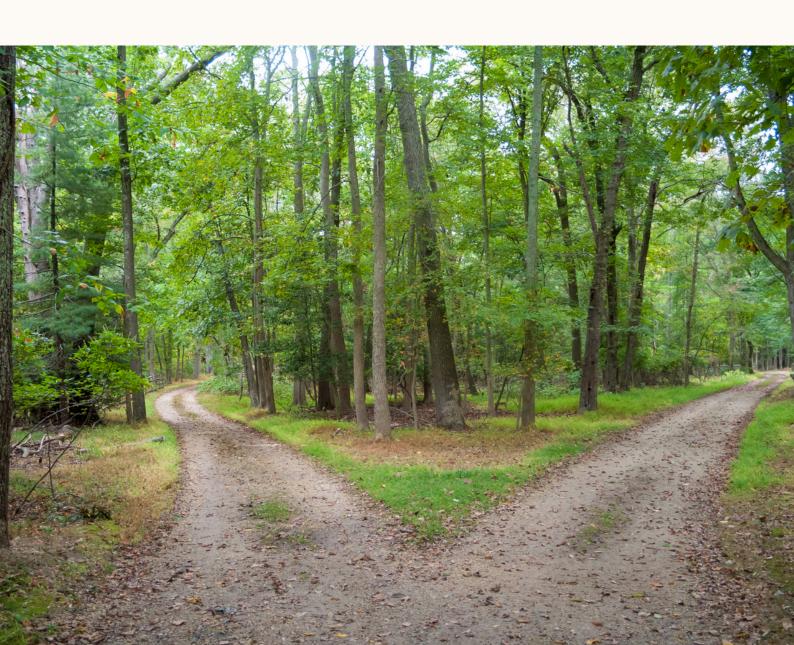
# Stop Chasing the Snake

A Healing Guide to Betrayal



### The Snake Chasing Effect

A man is bitten by a snake. He could return to the village to heal, but instead he chases the snake. The venom overtakes him. The lesson? It's not the bite that destroys us—it's the chase.



#### Where Were You Bitten?



What betrayal hurt me most recently?



How did it make me feel?



What was my first reaction?

# Signs You're Still Chasing

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- I replay the event in my head constantly.
- I imagine getting even or punishing them.
  - I feel their actions are controlling my mood daily.
  - I can't focus on healing because I'm stuck in "why me?"



What has chasing this snake cost me (time, energy, peace)?

#### 4 Steps to Heal the Bite



#### Acknowledge

Admit the bite happened. It hurt.



#### **Tend the Wound**

Journal, therapy, safe support.



Release revenge fantasies.



Build joy, new habits, healthy relationships.

#### Speak Your Healing

"I release what no longer serves me."





"My healing is more powerful than their betrayal."

"The best revenge is my joyful, peaceful life."



# Platinum Prime Life

Created by Linda Ferguson & Karen Nelson Bell

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