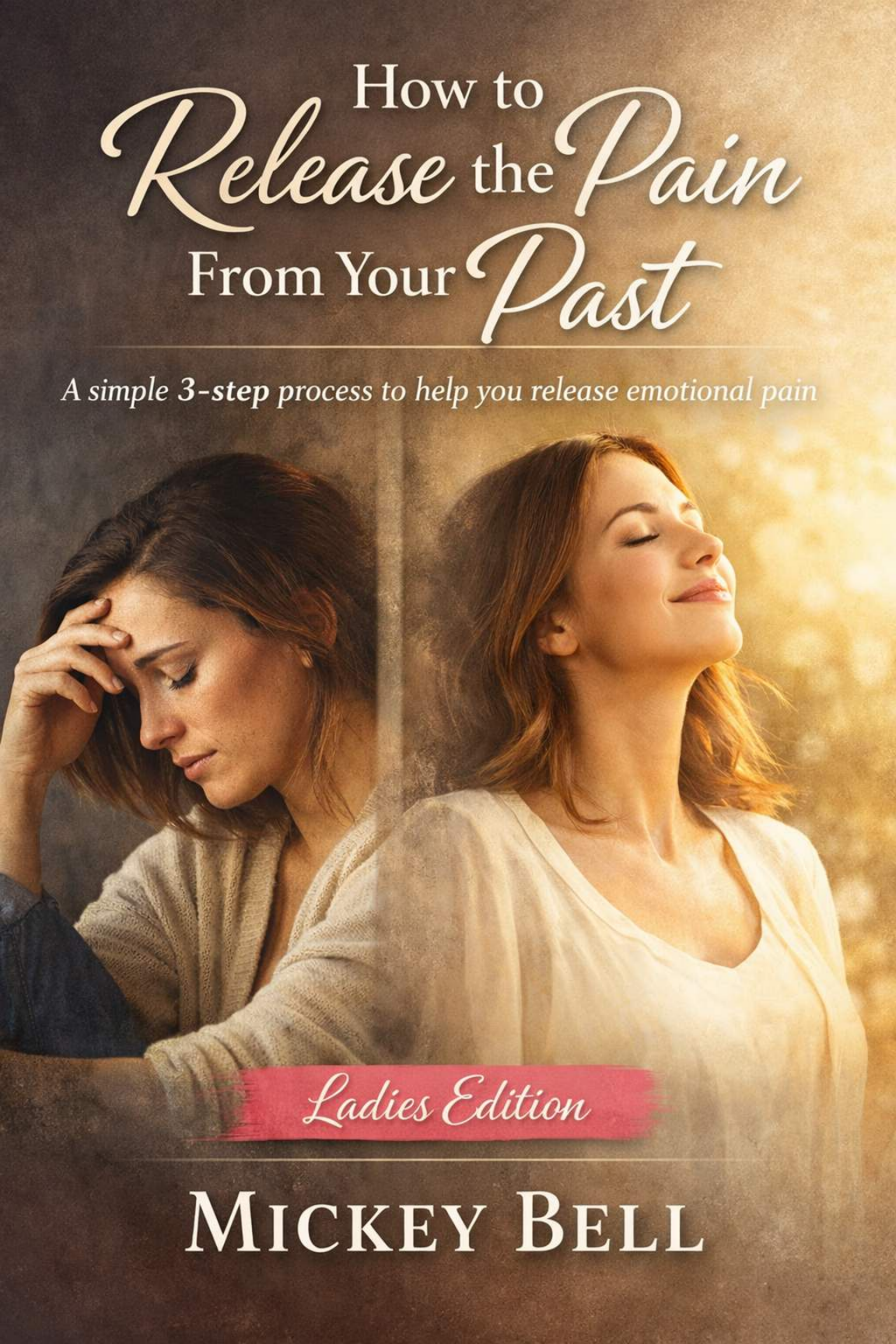




How to *Release* the Pain From Your *Past*

A simple 3-step process to help you release emotional pain

Ladies Edition

MICKEY BELL

How to Release the Pain From Your Past

“What’s wrong with me?”

You’ve asked yourself that before... haven’t you?

Maybe not out loud.

Maybe just in those quiet moments...

When everything looks fine on the outside...

But inside, something still doesn’t sit right.

You try to move on.

You tell yourself, “It’s in the past... I should be over it by now.”

And yet...

It still shows up.

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In your thoughts.

In your mood.

In your relationships.

In the way you second guess yourself...

The way you hold back...

The way you feel something heavy... even when nothing is wrong.

And the hardest part?

No one really sees it.

They see you smiling.

They see you functioning.

They think you're okay.

But you know the truth.

Something from your past...

Is still with you.

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And no matter how much time passes...

It hasn't fully let go.

—

Let me tell you something right now...

There is nothing wrong with you.

You didn't "fail" at healing.

You didn't "miss" something.

And you're not broken.

You've just never been shown a way to actually release it.

Because most of what you've been told?

"Give it time."

"Stay positive."

"Just move on."

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That doesn't work.

And deep down... you already know that.

Because if it did... You wouldn't be here right now.

This is different.

Not complicated. Not drawn out. And not something you have to spend months or years trying to figure out.

What you're about to experience is a simple, direct way...

To finally let go of what you've been carrying.

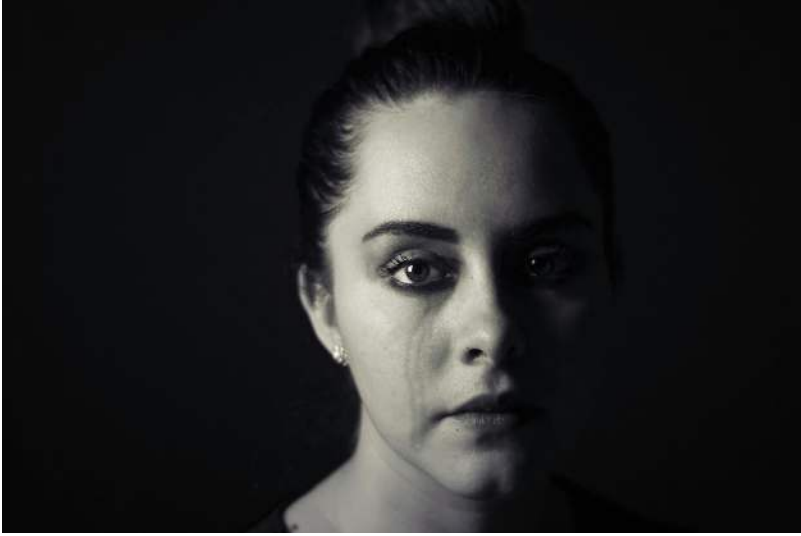
So you can feel lighter.

Clearer.

More like yourself again.

And it starts right here.

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Take a good look.

This is the last time you will see this person.

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Introduction – You Didn’t Just Find This... You Needed This

Let me ask you something...

How long have you been carrying this?

Not the version of you that smiles in public.

Not the one who says, “I’m fine” when people ask.

I’m talking about the real weight... the one that shows up when you’re alone.

The one that keeps your mind running at night when everything is finally quiet.

The one that replays conversations you wish you could redo.

The one that makes you feel something in your chest you can’t quite explain—but you know it’s there.

You’ve learned how to function with it.

You show up.

You handle your responsibilities.

You take care of everyone else.

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But deep down... you're tired.

Not just physically tired.

Soul tired.

Tired of pretending it doesn't still affect you.

Tired of being triggered by things that "shouldn't matter anymore."

Tired of carrying something that happened years ago like it just happened yesterday.

And here's the part you don't say out loud...

There are moments where you wonder if this is just how life is going to feel from now on.

Like maybe this is your "new normal."

Like maybe this is just part of your story you'll never fully get past.

So you push it down.

You stay busy.

You avoid certain conversations, certain people, certain places.

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Because it's easier to manage it... than to face it.

But it's still there.

And here's what I need you to hear right now...

You are not crazy for feeling this way. You are not weak for still being affected by something that hurt you deeply.

And you are not the only one who carries this kind of weight.

In fact... the reason this is hitting you right now... is because you see yourself in it.

Because even though we've never met... it feels like someone just described you.

This isn't another "just think positive" message.

This isn't someone telling you to "move on" or "get over it."

You've heard that before... and it didn't work.

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Because you can't move on from something you've never fully released.

But what if you could?

What if you could finally take that thing—the one you've been carrying—and not just talk about it...

...but actually let it go?

What if the thoughts didn't have control anymore?

What if the feelings didn't hit as hard?

What if the past stopped showing up uninvited in your present?

That's what this is about.

Not pretending it didn't happen.

Not minimizing your pain.

Not rushing your healing.

This is about removing the pain... and taking your life back.

How to Release the Pain From Your Past

So don't rush through this.

Read it slowly.

Be honest with yourself.

And most importantly... don't skip the parts that feel uncomfortable.

Because those are the parts that will change you.

You didn't just find this.

You're ready for this.

How to Release the Pain From Your Past



Section 1: Recognizing The Pain

How to Release the Pain From Your Past

The Woman Betrayed by a Friend

She remembers the laughter. The long talks. The secrets shared late at night that made her feel safe... like she had finally found “her person.” She trusted her. Defended her. Let her into places most people never get access to.

And then one day, the whispers started. The tone changed. The distance grew. And eventually, the truth came out—what she thought was loyalty was actually quiet betrayal happening behind her back the whole time.

Now she struggles to trust anyone. She overanalyzes every compliment, every conversation, every silence.

Because once you’ve been stabbed in the back by someone who hugged you to your face... you don’t just “get over it.” You carry it. And part of her wonders, Was I just blind... or was I just that easy to hurt?

How to Release the Pain From Your Past

The Woman Whose Trust Was Violated

There was a line that should have never been crossed. Ever. And the worst part? It was crossed by someone who was supposed to protect her... not harm her.

Someone she trusted. Someone who knew better. In a moment—or maybe over time—that trust was shattered in a way that words can't fully explain. It wasn't just what happened... it was who it came from.

Now she carries a weight she didn't ask for. Shame that doesn't belong to her. Questions that don't have answers.

She replays moments wondering if she could've stopped it, changed it, prevented it.

And even though she knows deep down it wasn't her fault... there are still days where the pain whispers lies that feel louder than the truth.

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The Woman Who Gave Everything in a Marriage That Still Failed

She showed up. She fought for it. She forgave more times than she should've had to. She gave her heart, her effort, her prayers—everything she had to make it work.

She believed in “for better or worse,” and she lived it. But in the end... it still fell apart. And now she's left holding the pieces of something she tried so hard to save.

Even if she's in a better place now—even if she's found someone who treats her right—there's still that quiet ache that creeps in. Why wasn't I enough back then?

It's not that she wants the past back... it's that she still feels the sting of giving her all and being the one who walked away the most broken.

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The Woman Hurt by Church People

She didn't just attend... she served. She showed up early, stayed late, gave her time, her energy, her heart. She believed in the mission. She believed in the people.

She thought this was the one place where love would always win. But instead, she found herself wounded—not by the world—but by the very people who were supposed to represent something better.

Now she wrestles with confusion and hurt. Because how do you reconcile loving God... but being hurt by His people?

She replays the comments, the looks, the exclusion, the judgment. And somewhere along the way, she stopped feeling safe in the very place she once called home.

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The Woman Whose Life Didn't Turn Out Like She Dreamed

She can still picture it—the house, the yard, the laughter of kids riding bikes in a quiet neighborhood. She dreamed of stability. Of peace. Of a life that felt secure and full.

But somewhere along the way, life took a turn she never planned for. Now instead of a dream home... she's just trying to make rent. Instead of peace... it feels like survival.

And the hardest part isn't just where she is—it's comparing it to where she thought she'd be.

She wonders if she missed something... if she failed somewhere along the way.

Because this isn't the life she imagined... and it's hard not to feel like she's falling behind while everyone else seems to be moving ahead.

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The Woman Who Didn't Plan to Get Addicted

It didn't start like this. It started with pain—real pain. A prescription. A way to cope, to function, to get through the day.

She followed the directions. Trusted the process. But slowly, quietly, something shifted. What was once help... became dependence.

And now she finds herself in a place she never thought she'd be.

She feels the weight of judgment—both from others and from herself. How did I get here? she wonders. There's guilt. There's frustration.

There's a part of her that wants out... and another part that feels stuck. Because addiction doesn't just grab your habits—it messes with your identity.

And now she's trying to figure out who she is beyond it.

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The Woman With a Record She Can't Outrun

She made choices. Some out of pain. Some out of survival. Some she wishes she could take back in a heartbeat. And now those choices follow her—on paper, in conversations, in opportunities that seem just out of reach.

Every application, every background check, every “no” feels like a reminder of who she used to be.

She's trying to move forward. Trying to do better. Trying to rebuild. But it's hard when your past keeps introducing itself before you get the chance to show who you are now.

And deep down, she wonders... Will I ever truly get a fresh start? Or will this always be part of my story?

...The woman who keeps smiling in public... but cries the moment she's alone in her car.

...The woman who grew up without hearing “I'm proud of you” and now chases validation from everyone else.

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...The woman who was always the strong one for everybody else... and now doesn't know how to ask for help.

...The woman who stayed too long in something toxic because she was afraid of starting over.

...The woman who forgave someone... but still feels the pain every time their name comes up.

...The woman who compares herself to everyone on social media and quietly feels like she's losing at life.

...The woman who feels like she's too far gone... like she's made too many mistakes to ever truly start over.

...The woman who keeps busy all the time because slowing down means feeling everything she's been avoiding.

...The woman who struggles with self-worth because of words spoken over her years ago that still echo today.

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...The woman who feels invisible—overlooked in relationships, unappreciated in life, and forgotten in the rooms she walks into.

So did I mention you anywhere in the above descriptions?

If not... then fill in the blank... tell me the pain you are hiding.

(fill in the blank) _____

How to Release the Pain From Your Past



Section 2 – Removing The Pain

How to Release the Pain From Your Past

At some point, we have to face a truth most of us try to avoid—if we don't remove the pain, we will carry it. Not just for a season... but for years. For decades. For a lifetime.

Time does not heal what we refuse to confront.

You may be far removed from what happened. It may be something you rarely talk about anymore. On the outside, it may even look like you've "moved on." But if we're honest... it's still there.

It shows up in subtle ways that have become so normal, you don't even question them anymore.

It shows up when you can't sleep at night because your mind keeps replaying conversations you wish had gone differently.

It shows up in your irritability—when small things feel big and you don't even know why. It shows up in your anxiety... your overthinking... your need to control situations so you don't get hurt again.

How to Release the Pain From Your Past

It shows up in your relationships—how hard it is to trust, how quickly you put up walls, how you question people who are actually trying to love you well.

It shows up in your self-worth... in the quiet moments where you still feel like you're not enough, even when everything around you says otherwise.

The situation may be over... but the pain is still speaking.

And as long as it's speaking, it's shaping.

That's why this step is not optional if you want freedom. This is where healing begins—not by ignoring it, not by minimizing it—but by finally facing it and releasing it.

The Exercise – Letting It Go

Before you begin, you need to get somewhere quiet. Somewhere you can be completely honest without interruption.

This matters.

How to Release the Pain From Your Past

Don't try to rush this between tasks or do it halfway distracted. You need space to feel, to process, and to release.

Maybe that's sitting in your car during your lunch break, finally allowing yourself a moment to breathe.

Maybe it's driving to a quiet park, sitting on a bench, and just being still.

Maybe it's your bathroom—locking the door for five minutes just so no one needs anything from you.

Maybe it's late at night when the house is finally quiet.

Wherever you go... make sure you're alone. Because this is between you and God.

Name The Pain

This is the part most people skip. And it's the very thing that keeps them stuck.

How to Release the Pain From Your Past

You have to name the pain.

Close your eyes.

Take a deep breath.

Now picture this... the God of this universe is standing right in front of you. Not distant. Not rushed. Not distracted. Fully present. Fully aware. Fully compassionate.

His hands are stretched out toward you.

Not to point a finger.

Not to question your story.

Not to minimize what happened.

But to take it.

You don't have to convince Him to care.

You don't have to prove that it hurt.

You don't have to clean it up or make it sound better than it was.

How to Release the Pain From Your Past

He already knows.

And here's the truth that may be hard to hear...

He has been ready to take this from you for a long time.

But we hold on.

We hold on because it became part of us.

We hold on because letting go feels unfamiliar.

We hold on because, in some strange way, the pain feels safer than the unknown without it.

But today... you're going to take your hands off of it.

Here's What You Do

Say it out loud.

Tell God who hurt you. Call them by name. Don't whisper it. Don't generalize it. Say their name.

How to Release the Pain From Your Past

God can handle it.

Now tell Him what they did.

Be specific.

This is not about being dramatic—this is about being honest. For some of you, this will be the first time you’ve ever fully said it out loud. For others, it may be the first time you’ve said it without minimizing it or protecting someone else’s image.

Let it come out.

Every word.

Every detail you’ve been holding in.

Because you can’t release what you won’t fully acknowledge.

And as you speak it... picture yourself placing it into His hands.

Not halfway. Not temporarily. Completely.

How to Release the Pain From Your Past

Release It

Now here's the moment that matters most.

Open your hands.

Physically, if you need to.

Because this is where the shift happens.

You are making a decision—not based on emotion, but on truth—that you are no longer going to carry what was never yours to carry in the first place.

You are not excusing what happened.

You are not pretending it didn't hurt.

You are not saying it didn't matter.

You are simply saying...

"I will not carry this anymore."

How to Release the Pain From Your Past

And when your mind tries to go back and pick it up again—and it will—you remind yourself:

I already gave that away.

You may have to do this more than once. That doesn't mean it didn't work. It means you're learning a new way to live.

A life where your past no longer controls your present.

A life where pain no longer has the final say.

You don't have to carry this anymore.

How to Release the Pain From Your Past



Section 3 – Removing the Power of the Pain

How to Release the Pain From Your Past

Removing the pain is one thing... but removing its power is where your life truly begins to change.

Because here's the reality—pain doesn't control your life by what happened... it controls your life by what you keep thinking about.

And this is where most people miss it.

Scientists have shown that when a thought enters your mind, you have a short window—about 30 seconds—to deal with it before it begins to turn into a feeling.

And once it becomes a feeling, it becomes much harder to control. That feeling begins to influence your mood... your reactions... your decisions.

That's how it happens.

A thought comes in. You dwell on it. It becomes a feeling. That feeling drives your behavior. And before you know it, you're living a life you would have never chosen... all because of a thought you didn't stop in time.

How to Release the Pain From Your Past

This is why dwelling on the wrong thing is so dangerous.

You think about what they did... and now you feel angry. You replay what was said... and now you feel rejected. You remember the failure... and now you feel defeated.

And when you feel those things long enough, you start making decisions from those feelings—pulling away from people, sabotaging opportunities, questioning your worth, building walls that were never meant to be there.

The situation may be in your past... but your thoughts keep bringing it into your present.

So if you want to remove the power of the pain... you have to take control of your thoughts.

The Exercise – Taking Every Thought Captive

Here's how you do it.

How to Release the Pain From Your Past

The moment a thought comes into your mind that tries to pull you back into what you already gave to God in Section 2... you stop.

Not later. Not after you've sat in it for five minutes.

Immediately.

You identify it for what it is:

"This is an attempt to bring me back down."

Because it is.

The enemy will always try to reintroduce what God has already removed. He will bring it back up in your thoughts, hoping you'll pick it back up again.

But you don't have to.

So when that thought comes, you respond—out loud if you need to:

How to Release the Pain From Your Past

“No. I already gave that to God.” “That no longer belongs to me.” “If you want to talk about it... go talk to Him.”

And then—you replace the thought.

This is key.

You don't just remove a thought... you replace it with truth.

Replace: “I'm not enough” → “I am chosen and enough.” “I'll never get past this” → “I am already moving forward.” “This still owns me” → “I am free from this.”

You do this over and over again.

Not perfectly—but consistently.

Because every time you stop the thought before it becomes a feeling... you take your power back.

How to Release the Pain From Your Past

The Life That's Waiting On The Other Side

Can you imagine what your life would feel like if those thoughts no longer had control?

If you could lay your head down at night and actually have peace? If your mind wasn't constantly replaying the past? If your reactions weren't driven by old wounds? If you could walk into a room confident—not guarded?

That's not a fantasy.

That's what happens when you learn to take control of your thoughts.

You become lighter. Clearer. Stronger.

You start making decisions from truth instead of pain.

You begin to recognize yourself again... or maybe for the first time.

How to Release the Pain From Your Past

A Personal Note

I've had to walk this out in my own life.



There were thoughts I carried that kept me stuck—thoughts that reminded me of failure, pain, things I couldn't change. And for a long time, I let those thoughts sit there... and they shaped how I felt about myself.

But the moment I started letting go—truly letting go

—and taking control of what I allowed to stay in my mind... everything began to shift.

And here's what I discovered:

When you stop holding on to what's been weighing you down... it creates space.

How to Release the Pain From Your Past

And God will fill that space.

With peace. With clarity. With strength. With blessings you couldn't receive before because your hands were too full holding on to the past.

You are not powerless.

You are not stuck.

And you are not destined to keep reliving what you've already survived.

One thought at a time... you take your life back.

What Just Happened

Take a moment and really let this sink in...

Something just shifted.

Not just emotionally. Not just mentally. Spiritually.

For a long time, you've been asking God for more.

More peace. More clarity. More joy. More restoration. More purpose.

And if you're honest, there were moments where you wondered...

"Why hasn't it happened yet?" "Why does it feel like my prayers aren't being answered?"

But here's the truth that changes everything:

God wasn't withholding anything from you.

He wasn't sitting back waiting for you to "get it right." He wasn't punishing you for past decisions. He wasn't measuring your worth based on how strong of a Christian you've been.

How to Release the Pain From Your Past

It was never about that.

It was about capacity.

You were carrying so much—pain, hurt, memories, lies, weight from your past—that there simply wasn't room to receive what you were asking God to give you.

Not because you didn't deserve it.

Not because He didn't want to give it.

But because your hands were already full.

And today... that changed.

You didn't just walk through an exercise. You didn't just “talk about your past.”

You created space.

Space in your mind. Space in your heart. Space in your spirit.

How to Release the Pain From Your Past

You took things you've been holding onto—maybe for years—and you placed them into the hands of a God who has been waiting to carry them for you all along.

And now... your hands are open.

That matters more than you realize.

Because open hands can receive.

Closed hands—hands gripping pain, holding onto hurt, clenching tightly to what was—cannot receive what is coming next.

But now?

You've made room.

Room for peace where anxiety used to live. Room for clarity where confusion once sat. Room for confidence where insecurity had taken root. Room for joy where heaviness had become normal.

So let me say this clearly...

How to Release the Pain From Your Past

I'm proud of you.

What you just did wasn't easy. Most people avoid this their entire lives. They carry it, bury it, numb it—but they never release it.

You did.

And because you did... you're not the same person you were just a few moments ago.

Now here's the beautiful part:

God doesn't fill space with emptiness.

He fills it with Himself.

With His peace that doesn't make sense.

With His strength when you feel weak.

With His presence in places that used to feel heavy.

And yes... with the very things you've been praying for.

How to Release the Pain From Your Past

Not because you earned it today. But because you finally made room to receive it.

So as you move forward, remember this moment.

When you feel tempted to go back and pick up what you laid down... don't.

Because you didn't just remove the pain...

You made room for the life you've been believing for.

Next Step: Praise God

How to Release the Pain From Your Past

Now that you've made space... don't leave it empty.



Fill it with praise.

If we're honest, most of us have mastered asking.

We know how to go to God with requests, needs, and "one more thing."

But somewhere along the way, we've forgotten how to simply say... Thank You.

We teach our kids to do it.

"Say thank you."

"What do you say?"

And yet as adults, we can receive blessing after blessing—and move right on to the next request without ever pausing to acknowledge the One who made it possible.

Praise shifts that.

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Praise reminds your heart who God is.

Praise strengthens your faith.

Praise changes your atmosphere.

The Bible is full of reminders to do this:

- Psalm 107:1
- 1 Thessalonians 5:18
- Psalm 100:4
- Hebrews 13:15

Notice something?

It doesn't say "give thanks once you see it."

It says give thanks... period.

That's where faith comes in.

Faith says, "God, I trust You even before I see the outcome."

Faith says, "I believe you're working even when I don't feel it."

Faith says, "I'm going to thank you now for what's already on the way."

How to Release the Pain From Your Past

And just because you haven't seen it yet... doesn't mean it's not already moving toward you.

So don't wait.

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The Exercise – A Radical Response of Praise

Right now, I want you to do something different.

Not quiet. Not reserved. Not halfway.

If you're believing God for big things... then give Him a praise that matches it.

Find a place where you can be yourself.

Maybe it's your car.

Maybe it's your living room.

Maybe it's your bedroom with the door closed.

Now find your favorite worship song.

Turn it up.

Not background noise... turn it up.

How to Release the Pain From Your Past

And don't worry about how you sound. Don't worry about what it looks like. Don't worry about who might hear you.

This moment is not for them.

It's between you and God.

Lift your hands.

Say His name out loud.

Thank Him for what He's already done... and for what He's about to do.

If you need to cry—cry.

If you need to shout—shout.

If you just need to sit there with your eyes closed and whisper “thank You” over and over—do that.

But don't hold back.

Because something powerful happens when you step out of your comfort zone and into real praise.

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You're not just expressing gratitude...

You're activating your faith.

You're declaring, "God, I trust You with what's next."

You've released the pain.

You've taken back your thoughts.

You've created space.

Now...

Fill that space with praise.

God just did something for you that you have been trying to do for yourself all of this time.

Take a breath for a second... And just notice how you feel right now.

How to Release the Pain From Your Past

Even if it's small... Even if it's just a little lighter... That matters. Because for a long time, you've been carrying things you were never meant to carry this long.

And the fact that you're here... Reading this... Means something has already started to change.

You didn't ignore it.
You didn't push it down.
You faced it. And that takes strength.

More than most people will ever admit. — And here's what I want you to remember moving forward: You are not your past. You are not what happened to you.

And you are not the version of yourself that had to survive it. You're the version of you that's still here... Still standing...

Still choosing something better. — This isn't the end for you.

How to Release the Pain From Your Past

This is the moment things start to feel different. The moment you stop carrying everything alone. The moment you start showing up as someone who feels lighter... clearer... and more in control. And you deserve that. Every bit of it.

Now... If you're anything like most women who get to this point...

You might be thinking: "Okay... I feel this... but I want to go deeper." And that's a good place to be. Because this is just the beginning. — There are other layers.

Other patterns.

Other parts of you that are ready to be understood... released... and rebuilt in a stronger way.

And I've created a few more guides to help you do exactly that.

Not in a complicated way. Not in a drawn-out way.

But in the same simple, real, and direct approach you just experienced here.

How to Release the Pain From Your Past

So if you feel ready for that next step... You can explore the other books available to you.

No pressure.

Just something to come back to when you're ready.

For now... Take this moment.

Breathe.

And recognize something important: You didn't just read this.

You chose yourself.

And that's where everything begins.

How to Release the Pain From Your Past



I Am So Proud Of You!