

wk 4

# Healing the Psyche

I. What - fr. sick senses to healthy senses.

II. How Repent

A. Read - the lives of...

1. Jesus
2. the saints [ in general  
a st. who had similar psychological struggles:

a) perverted desire -

SF - worldly pleasures, St. Ignatius - worldly greatness.

b) perverted anger - St. Jerome

c) perverted fear - St. Timothy (2 Tim 1:7).

B. Renounce

the sick idea / memory / image in the name of Jesus.

C. Replace

the sick idea / memory / image w/ a healthy one.

D. Re-channel - the emotion / feeling

1. excessive anger fr. the situation to Satan.
2. fr. worldly love to love of God.
3. fr. excessive desire to please people to pleasing God.
4. fr. excessive resentment to compassion.
5. fr. excessive fear of being teased to fear of sinning.

- E. Remove - oneself fr. the occasion of sin  
by praying, calling a friend, exercise, leaving, etc.
- F. Re-dress - the wrong, seek reconciliation.
- G. Recourse to God [ pray for help / healing.  
His Word, sacraments, sacramentals.
- H. Recall - remember / reminders (Wis 16:10-12, Is 53:5, etc).
- I. Repeat - practise daily / consistently / til good habit.
- J. Reach out - to healers of the psyche: psychologists, group, friend.

### III. forgiveness of another, of oneself

#### A. transform the memory:

- fr. - his sin caused me to sin  
to - his sin is an opportunity to better myself by making <sup>atonement.</sup>

#### B. broadening one's image:

- fr. - exclusive image of that sin  
to - including image of \* on + forgiving that person.

#### C. using sense of sight in preparation of forgiveness:

- fr. - not looking at a photo of that person  
to - looking at the photo while saying "I hope you get to <sup>Heaven</sup>"

#### D. broadening one's feeling of being hurt:

- fr. - obsessive focus on one's hurt & feeling hurt  
to - using that hurt to be compassionate & helpful  
to others in the process of healing,  
to joyfulness in helping others toward healing.