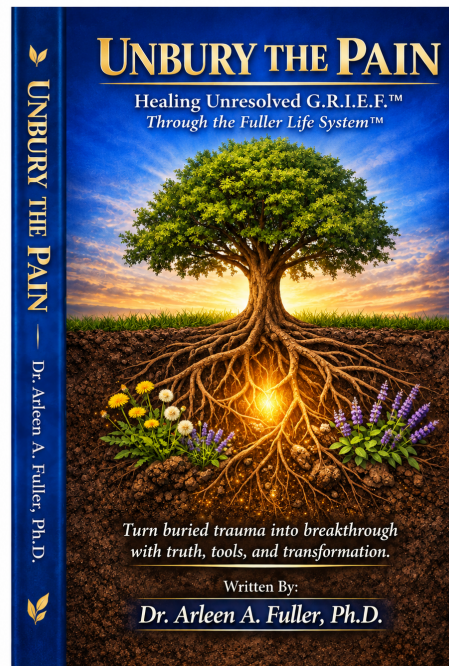


# UNBURY THE PAIN

## Advance reviewer sample

Healing Unresolved G.R.I.E.F.™ Through the Fuller Life System™

Dr. Arleen A. Fuller, Ph.D.



This sample introduces the G.R.I.E.F.™ framework and includes Chapter 1, Why We Must Unbury Pain, with its Root Identification Exercise. Read at your own pace, then share an honest review of this excerpt. The complete workbook is coming soon; the release date has not been announced.

Advance excerpt from the edited manuscript. Formatting has been adapted for this sample. Final content and pagination may change.

Educational and inspirational material; not a diagnosis, treatment, or substitute for professional care. You may pause or skip any exercise that feels overwhelming.

# The G.R.I.E.F. framework

Healing Unresolved G.R.I.E.F.™ is the framework at the heart of H.U.G.™. The following meanings and descriptions are drawn from the edited manuscript.

## **G — Ghosts of the Past**

Unresolved memories, trauma, painful experiences, and emotional wounds that continue to affect present-day life.

## **R — Regret & Pain**

The emotional weight of poor decisions missed opportunities, disappointment, guilt, shame, heartbreak, and unresolved suffering.

## **I — Internal Turmoil**

The internal battle of confusion, emotional instability, anxiety, fear, anger, overthinking, emotional conflict, and mental exhaustion.

## **E — Emotional Scars**

Invisible emotional wounds left behind from trauma, abuse, rejection, abandonment, betrayal, grief, or painful life experiences.

## **F — Fragmented Healing**

Incomplete healing that occurs when individuals attempt to move forward without fully addressing the root causes of their pain.

## **Reflection**

Which part of G.R.I.E.F. feels most relevant to you, and why?

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# Why We Must Unbury Pain

Many people spend years trying to move forward while carrying pain they never fully addressed. They smile, work, serve others, build families, and continue functioning on the outside, while silently struggling on the inside. Buried pain does not disappear simply because it is ignored. Instead, it often grows beneath the surface, affecting emotions, relationships, decisions, self-worth, physical health, and spiritual well-being.

Unresolved trauma and grief can become deeply rooted within a person's life. What begins as disappointment, rejection, betrayal, abandonment, abuse, loss, or emotional pain can eventually shape the way a person thinks, reacts, trusts, loves, and sees themselves. Many people are reacting to wounds they never realized were still open. This is why healing requires more than pretending to be okay. True healing begins when we are willing to uncover what has been hidden, confront the truth, and begin the process of restoration.

The purpose of this workbook is to help you identify the roots of unresolved pain and begin your journey toward healing, wholeness, and transformation through the Fuller Life System™. You cannot heal what you continue to bury. Healing begins the moment truth is acknowledged.

## Root Identification Exercise

### "Identifying What Is Beneath the Surface"

Just as a tree's roots are hidden beneath the ground, many emotional wounds remain hidden beneath daily life. This exercise is designed to help you identify experiences, emotions, and patterns that may still be affecting you today.

Take your time. Be honest. There are no right or wrong answers.

Continue with the reflection questions on the next page. You do not need to share your private exercise responses to provide a review.

# Root Identification Exercise

**1. What painful experiences from your past still affect you emotionally today?**

**2. What situations or people trigger strong emotional reactions in you?**

**3. Have you experienced any of the following?**

Check all that apply.

☐ Rejection

☐ Abuse

☐ Betrayal

☐ Loss of a Loved One

☐ Childhood Trauma

☐ Religious Trauma

☐ Anxiety or Fear

☐ Emotional Neglect

☐ Substance Use Disorder

☐ Financial Hardship

☐ Chronic Illness or Health Challenges

☐ Abandonment

☐ Sexual Trauma

☐ Divorce or Separation

☐ Loss of a Pet

☐ Domestic Violence

☐ Family Conflict

☐ Feeling Misunderstood

☐ Shame or Guilt

☐ Grief or Major Life Loss

☐ Bullying or Harassment

☐ Other:

# Continue your reflection

## 4. What emotions do you struggle with the most?

- ☐ Anger
- ☐ Sadness
- ☐ Fear
- ☐ Anxiety
- ☐ Loneliness
- ☐ Bitterness
- ☐ Confusion
- ☐ Low Self-Worth
- ☐ Emotional Numbness
- ☐ Other

## 5. What unhealthy patterns keep repeating in your life?

## 6. What areas of your life do you believe still need healing?

## Personal Reflection

Sometimes the pain we bury becomes the very thing controlling our lives without us realizing it. Identifying the root is the first step toward healing. Awareness creates the opportunity for transformation.

# Share your honest review

Please review only what you have read. If you received this sample free, disclose that when posting publicly. A positive review is not required, and reading an excerpt is not evidence of a treatment outcome.

## 1. Which G.R.I.E.F. section connected with you most, and why?

## 2. What passage or exercise was most useful or thought provoking?

## 3. Was the chapter clear, respectful, and easy to follow? What would improve it?

## 4. How did the faith perspective affect your experience of the sample?

## 5. Who might find this workbook useful, and why?

## 6. In two or three sentences, how would you describe this sample to another reader?

## Submit feedback or a voluntary story

Use the existing Share Your Story for Unbury the Pain form:

<https://form.jotform.com/262755817759071>. When asked whether you have read the workbook, specify that you read this advance sample and identify Chapter 1 and the G.R.I.E.F. overview.

Publication or advertising use of an identifiable story or quote should follow the permission and review choices on the form. Personal trauma details are not necessary for a book review.