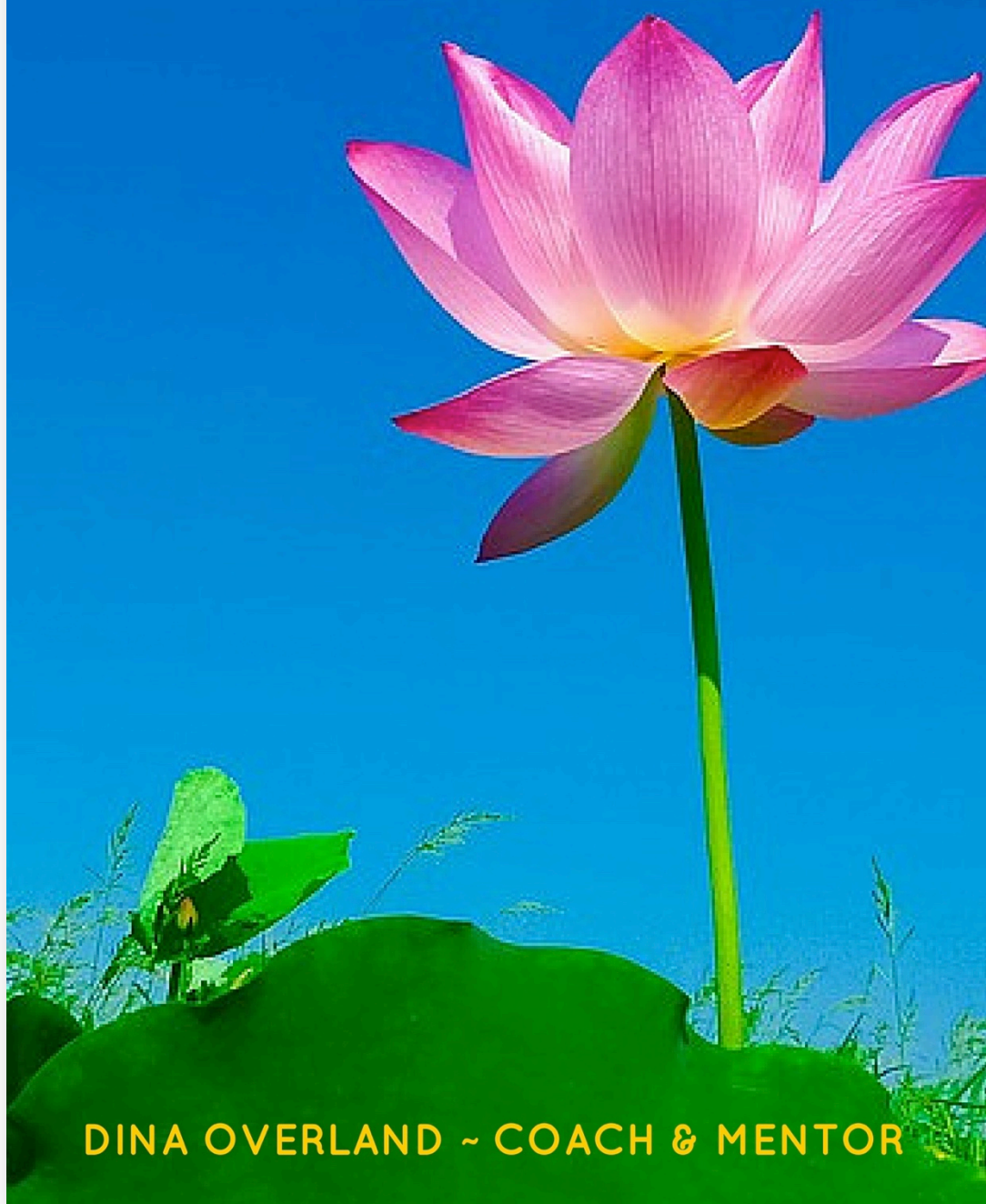


7 Steps to Move Past Your  
**EMOTIONAL PAIN**  
*& Discover a Happier Life*

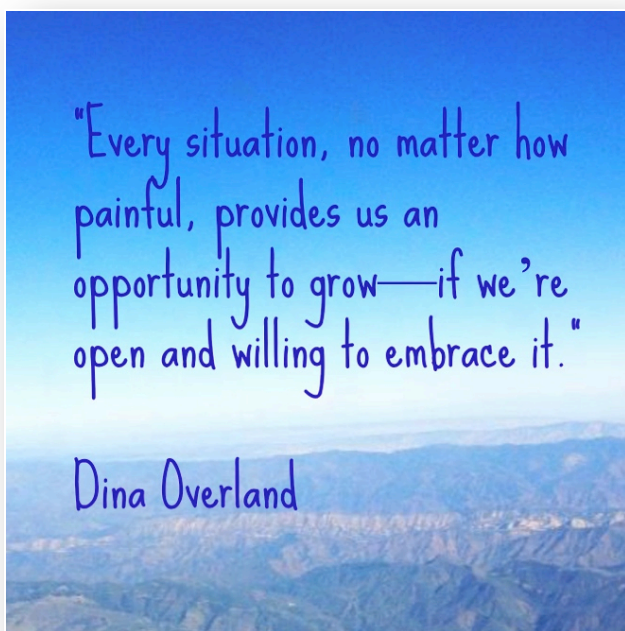


DINA OVERLAND ~ COACH & MENTOR

## INTRODUCTION: MY OWN PAIN

Have you ever experienced a deeply painful event or period in your life? Perhaps you've survived the end of a relationship, a loved one's death, a scary medical diagnosis. Or maybe you've moved to a new city where you knew no one, or you've been dealt an unfortunate and unexpected turn of events that caused you pain.

Me too. Actually, life has granted me the opportunity to handle each of these scenarios at different times. But despite going through some clearly rough patches, I now consider these traumatic and painful periods to be gifts that helped me reach authentic happiness and peace. That's because I applied certain lessons (that I'm sharing with you in this book) that gave me a renewed appreciation and gratitude for every single experience life offers me.



My most **profound lessons about pain** have surrounded my journey to become a mother. I've been thinking about having my first and second children for a total of seven years. That's a LONG time to ruminate on the future. *What will it be like when we have our first baby? How will our lives change? Can we even have kids? Will it ever happen for us?* On and on my mind went...for years.

four and a half years of trying (and countless traditional and alternative interventions, plus severe emotional distress), my husband and I took a short hiatus from focusing on the future. We reveled in the miracle of this new human being and the deep, intense joy she brought us. It was heavenly.

Then when I was blessed to become pregnant after

About 18 months later, we started allowing ourselves to at least consider the idea of having a second child. *Could we be so lucky? Or would we suffer through the same struggles all over again?* Since it was so difficult for us to have our first child, we recognized that a short and quick path to another pregnancy was unlikely. And we were right. Two and a half years – and two miscarriages – later, our daughter remains an only child.

What I have achieved, however, is **one of my greatest personal triumphs**: I have completely let go and released the future. My husband and I made the conscious decision to stop trying to have another baby. Though it's what we desperately want, we each recognized that it's out of our control. Once we surrendered the outcome, knowing that we might not be able to realize our deepest desires, we knew that our family was already complete.

For the first time in seven years, I'm **only concerned with the NOW**. My family is a perfect unit exactly as it is. Of course, I still feel pangs of desire for that second child. I long to cradle another baby in my arms, to coo along with the sweet baby sounds, to watch my daughter develop into the role of big sister.

But, more importantly, I feel deep peace with my decision to no longer try for another child. That's because I know in my heart and my soul that this is the right choice for my family and me. As soon as I said "I think we should stop trying for a second baby" to my husband, I felt a shift in my body as it became lighter and more relaxed. My inner intuition was telling me that having one child was the right thing to do right now. So I decided to honor that instinct.

A crucial point I want to make, though, is that I'm not closing and locking the door to opportunity. I've just stopped constantly opening the door every single time I hear a mere whisper of a noise. Now, I won't open the door again unless the bell actually RINGS.

The key message of my experience, I believe, is that even the most painful events can bring out the best (or at least better) experiences and outlooks on life. In fact, I have found that **every painful event comes with a hidden blessing** that can help you feel deep appreciation, love, and gratitude. But you have to be willing to actually acknowledge and feel the pain before you can move past it and uncover that tremendous gift.

It's like the story of the lotus, a beautiful flower that blooms after growing in mud. From the muck and dirt and filth, you get a perfectly gorgeous creation of nature. In many cultures and spiritual beliefs, the lotus flower signifies a rebirth.

So it is with our lives. It's only by sitting in the mud (our pain), truly embracing it, and moving past it, that we can bloom into the lotus (happiness and joy). When you can **embrace the pain** in your life, you come out the other side with an amazingly rich sense of peace, insight, and love. It's recognizing



that the pain had a deeper meaning and purpose. It's knowing that the emotional trauma was worthwhile.

I believe that is the true beauty of life: There is mud and there are flowers. Both are essential; one can't be separated from the other. And both are necessary for personal growth.


So how exactly did I manage to reach this place of peace amid such a personal, devastating struggle? Here are the seven steps I took to pull myself out of despair and sadness, shift my mindset, and even – gasp! – allow myself to feel joy again.

- Live in the present moment
- Surrender the outcome
- Accept & embrace your emotions
- Choose happiness
- Find the love
- Be grateful
- Trust the process

As you read through this book, please take your time with each step.

Consider journaling your thoughts and any light bulb moments you have. Write down and reflect on your feelings as you think about these steps – they will provide valuable insights as you journey through your pain.


And don't forget to follow through with the action items for each step to help you move past your pain and feel more joy.



**"Set your intention,  
do the work &  
watch MIRACLES unfold."**

**Dina Overland**

## STEP 1: LIVE IN THE PRESENT MOMENT



*"Realize deeply that the present moment is all you have. Make the now the primary focus of your life."*

*Eckhart Tolle*

My first step to moving past my pain was to **stop focusing on the future**, constantly wondering what it would be like to be pregnant again. *Will I have another miscarriage? Will I ever have another baby? When?!*

Since the present moment is all we really ever have – because the past has already happened and the future isn't here yet – I was literally wasting away my life with these repetitive thoughts.

Instead of being fully present and engaged while playing with my daughter, for example, I was constantly absorbed in an ugly

case of the "what ifs" as I ruminated about the future.

That's not how I want to live my life, barely remembering these treasured times I have with my child. So I decided that if and when I found out that I was pregnant, I would relish that knowledge and enjoy the precious gift. But up until the minute I actually discovered a new pregnancy, I wouldn't let my thoughts drift too far from the present moment. Because whether I'm pregnant in the future isn't relevant to **the current moment** unfolding before me.

And that's how I approach my life as a whole. I can't control anything beside what's happening right NOW, so that's where I place my attention.

**Move Past YOUR Pain:** *Set aside a few moments each day to really focus on what you're doing right now. For example, if you go for a walk, notice everything you pass by, consider how you feel, and observe how your environment looks and sounds.*

## STEP 2: SURRENDER THE OUTCOME

Living in the now helps you surrender those nagging “what if” thoughts. There is absolutely no way to guarantee the future, no matter how much you try or convince yourself otherwise. After years of wishing, hoping, and actually trying to control becoming pregnant, I knew I had to **let go** of what I so desperately was trying to achieve.

Part of the beauty of living in the now (like I discussed in Step 1) is that you're not forever wondering what *could* happen. You just focus on what is currently happening.

Before I made peace with only having one child, I decided I would take steps to help me become pregnant without agonizing over the outcome. Maybe I would be pregnant; maybe I wouldn't.

I **accepted the outcome** because I realized that, no matter what happened, I would still be happy and satisfied with myself, my life, and the family I currently have (which is amazing!).



“Sometimes you just need to breathe, trust, let go, and see what happens.”

Mandy Hale

**Move Past YOUR Pain:** *Whenever you find yourself ruminating on any particular outcome, imagine a bright red stop sign preventing you from thinking those thoughts again. Instead, take a deep breath and say to yourself “I surrender the outcome.” And then trust that whatever is best for you will indeed happen.*

## STEP 3: ACCEPT & EMBRACE YOUR EMOTIONS

I have **accepted and embraced my painful emotions**, and I am now in a happier place – but trust me, it wasn't always a pretty process. I had many moments, days, and weeks where I was totally and completely sad, distraught, and probably depressed. It was difficult to get out of bed each morning and downright impossible to do so with any hint of joy. I was just fumbling through the days, perfectly content to stare at a wall for hours.

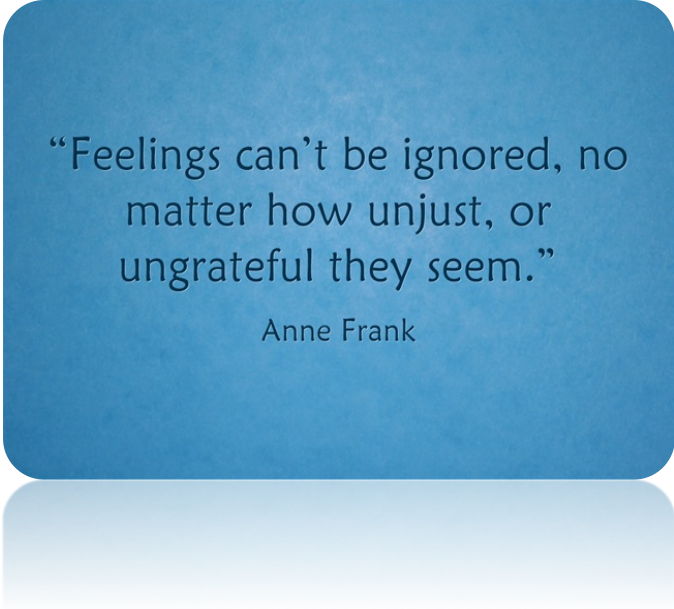
My saving grace during that time was my toddler daughter who needed me to at least perform the basic functions of a human being (kids have to eat, after all).

But here's the thing – I'm really glad that I allowed myself the time and space to simply feel unhappy. You can't just sweep painful feelings under the rug and hope to move past them.

You have to first accept the emotions, fully experiencing – and embracing – every aspect of them before you can move past painful experiences.

So give yourself permission to feel sad, angry, upset, or whatever emotion is bubbling to the surface. Accept and embrace these feelings and then let them go. You must allow the emotions to exist, but you mustn't dwell on them.

**Move Past YOUR Pain:** *Take a moment to observe how you're feeling. Notice your emotions and claim them by either writing down or saying aloud "I am \_\_\_\_." Allow yourself to experience the emotion – and then move on.*



“Feelings can’t be ignored, no matter how unjust, or ungrateful they seem.”

Anne Frank

## TESTIMONIAL



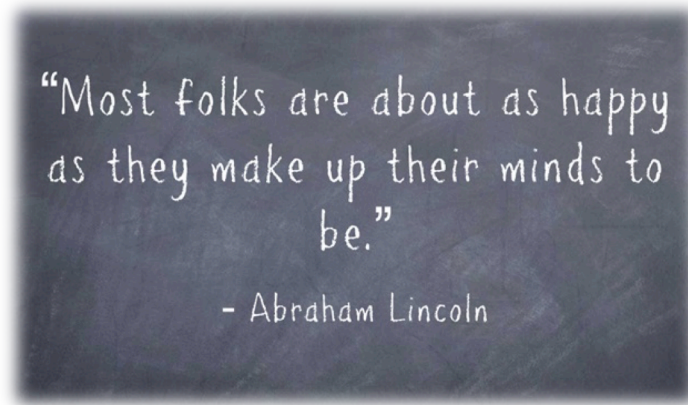
Julié Willoz  
President, Leadership &  
Development Coach  
[Willoz Consulting](#)

Before I could realize my dream of running my own business, I needed to shift certain belief systems working against me. Those belief systems were based in painful moments, experiences, and memories that held me back from a completely happy place. Until I moved past the pain, I could never become the leadership coach, wife, and mother I am today.

Dina has helped me forgive the pain from failed relationships that I didn't even realize I was still holding on to. She showed me how to reframe the way I view the pain of deep disappointment.

Without Dina, I would never be in the position to accept new challenges for what they are instead of considering them to just be more pain. Life isn't going to change, but how I interpret it and move past the pain has! My business, my life, and my happiness wouldn't be nearly as amazing and happy without Dina's guidance.

## STEP 4: CHOOSE HAPPINESS



When you're overcome with a painful experience, whether in the present or past, feeling happy often seems like a far-off pipe dream. To be perfectly honest, it might take a long time to rediscover your happiness. But I know for sure that if you don't **claim your right to be**

**happy**, you won't be.

Being happy and moving past pain isn't accomplished by simply ignoring the problems life presents; it takes conscious, purposeful action.

But, thankfully, it doesn't always require Herculean efforts. For me, choosing happiness was about taking small steps like smiling more when I was with my daughter, enjoying simple pleasures, and expressing gratitude for the positive aspects of my life.

Even if happiness seems like a remote or impossible idea, simply commit to the idea that **you will feel happy and joyful** again. Believe it will be true. And I promise it eventually will. Moving past pain and overcoming emotional trauma takes effort, but it's absolutely worth it.

**Move Past YOUR Pain:** *Smile when you look in the mirror. Take time for an activity you deeply enjoy. Do something that makes you feel happy. Express gratitude for something good in your life.*

## STEP 5: FIND THE LOVE

For me, the silver lining to experiencing two miscarriages and accepting that I will only have one child is the deep sense of love that I experienced. Even though I was only pregnant for a few months during that time, I **felt real love** for those teeny, tiny babies. I loved them with all my heart.

The old adage “Tis better to have loved and lost than never to have loved at all” is totally and completely true. I would so prefer to have had the experience of sensing and loving that little soul than to have never been pregnant at all.

Sure, I may have avoided a dark and rough patch in my life, but I also wouldn't have felt that intense, though short-lived, love.

In some of my saddest moments, the love that I felt for those small human beings brought me great joy. It kept me afloat at times, reminding me that happiness can still exist (cue Step 4!). And to this day, it actually brings me deep appreciation, knowing that I was graced with the presence and love of those special babies.



If you're trying to move past a painful breakup, for instance, I recommend spending time reflecting on the loving moments you shared. Even if you're hating on your ex and desperately want to slap them in the face, I promise a better solution is to reflect on their loving qualities or the love-filled times you spent together. It may not seem as instantly gratifying as punching someone, but it will get you a lot closer to achieving greater happiness and joy.

**Move Past YOUR Pain:** *Think about a time when you felt love during the painful event you're trying to move past. Focus on that loving feeling. Spend time thinking about something – anything – related to love during your painful experience.*

## TESTIMONIAL



Aimée Schafer  
Mother of 2 children

If I hadn't met Dina more than 10 years ago, I would be living a completely different life. I have learned how to listen to myself, change my trajectory, and make the best life decisions relating to me, my husband, and my children.

I have been contemplating a career change, but was feeling a lot of emotional pain in the form of guilt, anger, and frustration. As a mother and wife, I felt like I was drowning in quicksand trying to make a decision, but Dina guided me on a beautiful path to figure out the best solution!

She listened to me with her whole mind and heart and gave me concrete feedback helping me let go of the painful feelings so that I could decide what I wanted most. It is incredibly rewarding working with Dina! Her thoughts and encouragement linger in my mind on a daily basis.

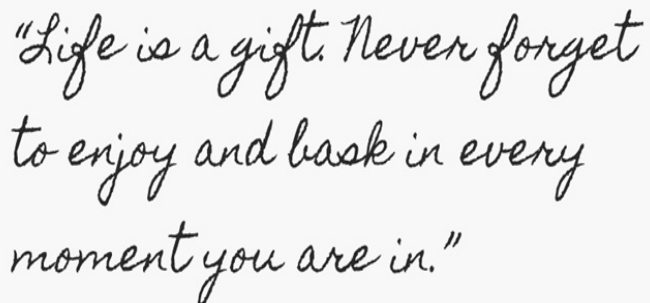
In so many ways, I admire how Dina is a living example of how to release pain, love yourself, and find peace.

## STEP 6: BE GRATEFUL

I'm **deeply grateful** for my experience of having two miscarriages. Yes, you read that right. They were some of the most life-enriching occurrences that I have personally experienced. The miscarriages actually propelled me forward along my personal spiritual journey, aiding me in finding peace and happiness.

Plus, the experiences were real, concrete evidence that everything in my life is occurring for my greatest good (even if I can't see it through the pain).

Without the pregnancies, I wouldn't have felt such love from those little beings (like I said in Step 5). I wouldn't have learned how to surrender situations that are completely out of my control (see Step 2). And I don't think I could focus so singularly on the little moments while being truly present for my daughter (check out Step 1).



"Life is a gift. Never forget  
to enjoy and bask in every  
moment you are in."

- Unknown

It's for all these **vital lessons** that I'm so grateful I experienced such sadness and tragedy.

And I am extremely thankful for those little souls who stopped by to show how they love me deeply, even if they can't stick around.

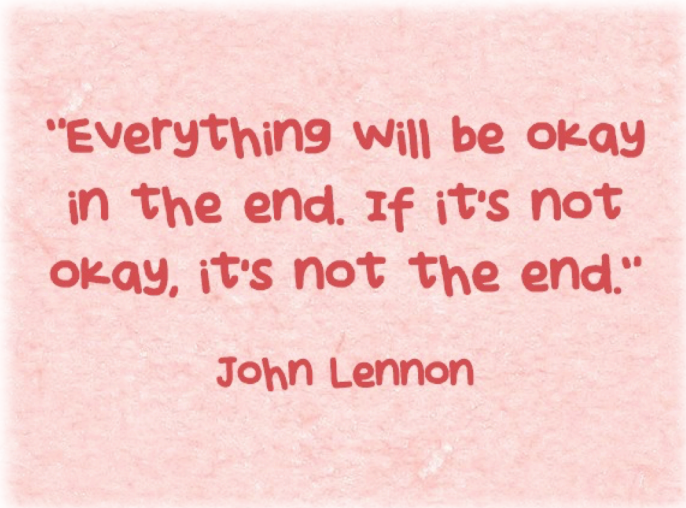
**Move Past YOUR Pain:** *Express gratitude, in whatever form you're comfortable with, for your painful experience. You could write down how thankful you are, say it aloud to yourself, or share it with a friend or family member. If you can't think of anything specific you're grateful for, use this affirmation: I am thankful for this experience even if I don't yet understand its value.*

## STEP 7: TRUST THE PROCESS

Part of your journey to move past pain is trusting the process as it evolves. Just trust it. You may not **see the light at the end of the tunnel** right now, but I promise that you eventually will. I don't know how long it will take, but I guarantee it will happen – if you're open and willing to see it.

I certainly didn't think that I would move past the pain of two miscarriages and arrive at a place so peaceful and conscious.

But while I was lamenting my situation, wishing I could be pregnant again, and meet that little soul I knew for way too short of a time, I had a feeling (albeit a very vague sense) that everything would be okay in the long run.



**"Everything will be okay  
in the end. If it's not  
okay, it's not the end."**

**John Lennon**

I chose to believe that eventually I would wake up without a heaviness bearing down on my heart. That I would feel joy and delight, and that I would have moments and days, followed by weeks and then months, without thinking about my inability to carry the two pregnancies to term.

I didn't know when any of that "feel goodery" would happen, but I resolved to be okay with not knowing. And I would **trust the process of life** to grant me opportunities to evolve, move past the pain, and feel more happiness again.

**Move Past YOUR Pain:** *Trust that your painful experience has deep meaning and purpose that will help catapult you into greater joy and happiness. Sometimes, you have to believe it before you can see it. Say this affirmation: Out of this situation, only good will come.*

## WORK WITH DINA



Thank you for letting me guide you on your journey as you move through emotional pain and find happiness.

Are you ready to take the next steps to overcome the barriers that prevent you from feeling happy and joyful?

Today is the day to rid yourself of past burdens that chain you to the pain of yesterday.

You have the divine right to be happy. Not sure where to begin? I do. I've walked that path,

overcome painful experiences, and created the guide map for you.

I have a number of packages available to suit your needs and budget. Email me at [dina@dinaoverland.com](mailto:dina@dinaoverland.com) with your biggest takeaway from the book and my gift to you continues with a FREE 30-minute initial consult where we will discuss your personal pain and how we can overcome it together.

Visit [www.dinaoverland.com](http://www.dinaoverland.com) or email [dina@dinaoverland.com](mailto:dina@dinaoverland.com) to take your next step in finding happiness today!