

ASTRA MIRELLI



# 10 Signs You're Healing



SOMETIMES HEALING IS QUIET  
AND YOU DON'T EVEN  
NOTICE IT HAPPENING.  
THIS GUIDE HELPS YOU  
RECOGNISE HOW FAR  
YOU'VE COME.



ASTRA MIRELLI

*A companion guide to Becoming Untouchable*

# Introduction

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## HEALING ISN'T ALWAYS DRAMATIC

We expect healing to feel like something. A moment of clarity. A morning when you wake up and the weight is simply gone. But most of the time, healing is quieter than that. It happens in the margins — in a Tuesday afternoon when you realised you had not thought about them in hours. In the choice you made this week that last month you would not have been able to make.

## WHY PEOPLE MISTAKE HEALING FOR FAILURE

Because healing does not always feel good at first. Some days it feels like indifference, and you mistake the indifference for numbness. Some days it feels like grief, and you think you are moving backwards. Some days you feel more yourself than you have in months — and then something small undoes it, and you assume you were never healing at all.

*You were. You are. Progress is rarely linear, and it is almost never visible from the inside.*

## PROGRESS CAN BE INVISIBLE

This guide is not about proving something to anyone — not to them, not to the people around you, not even to yourself. It is simply about pausing, looking back at the distance you have already covered, and recognising that something in you has shifted.

*You do not have to be fully healed to use this guide. You only have to be somewhere further along than where you were. That is enough. That is everything.*

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## You Think About Them Less

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There was a time when they were the first thing you thought about in the morning and the last thing at night. When every song, every street, every quiet moment was somehow about them. That kind of thinking does not just stop — it fades. And the fading is healing.

You might not have noticed it until now. But the hours between thoughts have grown longer. Whole days pass and they are simply not in them the way they used to be.

### REFLECTION

· *When did you last go a full day without thinking about them?*

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### NOTICE WHERE YOU ARE NOW

- I think about them less than I did a month ago.
- I can go several hours without them crossing my mind.
- When they do come to mind, I am able to redirect my attention.
- I have had at least one day recently that felt genuinely free.

## 2 You No Longer Need Constant Answers

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The obsessive need for an explanation — for a final conversation, for closure, for them to admit what they did — begins to quiet. Not because you no longer deserve answers, but because you have started to trust your own understanding of what happened.

*You have stopped making their silence mean something about you. That is significant.*

- *What are you no longer waiting to hear from them?*
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## 3 You Are Starting To Trust Yourself Again

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After an attachment that made you doubt your perception, your instincts, or your worth, learning to trust yourself again is one of the most quietly powerful things that can happen. You begin making decisions without second-guessing them obsessively. You begin to believe what you see rather than what you are told to see.

*Notice the moments this week when you made a choice and stood by it. That is trust returning to its rightful place.*

- *Name one decision you made recently that you felt genuinely confident in.*
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## 4 You Are Rebuilding Your Routine

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Routine is underrated in healing. The quiet consistency of waking at the same time, eating well, moving your body, returning to work or creative projects — it is not glamorous, but it is profound.

Structure is what the nervous system reaches for when it is trying to feel safe again.

*If you have rebuilt even a small part of your daily rhythm, that is not just habit. That is your body saying: I am ready to live again.*

- I am sleeping more consistently than I was.
- I am returning to routines that make me feel capable and grounded.
- I am showing up for responsibilities I let slip during the worst of it.

## 5 You Feel More Like Yourself

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There is a specific kind of loss that comes with certain attachments — the slow erosion of who you are. You find yourself laughing less, wanting less, becoming smaller and more careful. Healing is when that starts to reverse. When you catch yourself being funny, being interested in things, being unapologetically yourself — without monitoring how it lands.

· *Describe one moment recently when you felt genuinely, recognisably yourself.*

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## 6 You No Longer Idealise The Past

The memory softens what was difficult and amplifies what was good. For a long time you may have remembered only the best version of them — the early warmth, the moments of connection — while the rest blurred. Healing is when the full picture returns. When you are able to remember clearly, without bitterness but also without fantasy.

*You are no longer curating a version of the past to justify the pain of losing it.*

· *What is something about that time that you can now see clearly and honestly?*

## 7 Your Emotional Reactions Are Becoming Smaller

You still feel things — you are not numb, and numbness was never the goal. But the wave no longer knocks you down the way it used to. You might see something that once would have ruined your day and find that it only ruins an hour. Then thirty minutes. Then nothing beyond a passing acknowledgement.

*Smaller reactions are not indifference. They are resilience in the making.*

- I can encounter reminders of them without it derailing my entire day.
- My emotional responses feel more proportionate than they did.
- I recover more quickly when something catches me off guard.

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## You Are Becoming Interested In New Things

Grief contracts the world. When you are in the middle of it, very little outside the pain feels relevant or interesting. So when curiosity returns — when something catches your attention and holds it, when you want to learn something or go somewhere or try something new — that is not a small thing. That is the return of your aliveness.

· *Name one thing you have become newly curious about or interested in recently.*

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I have discovered or returned to at least one interest that has nothing to do with them.

I have made plans — even small ones — that I am genuinely looking forward to.

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## You Are Setting Better Boundaries

Healing teaches you, slowly, what you are and are not willing to accept. You start to recognise the early signs of patterns you used to walk into without hesitation. You begin saying no with less guilt. You notice when something does not feel right and you trust that noticing enough to act on it.

· *What is one boundary you have held recently that you would not have held before?*

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## 10 You Are Beginning To Feel Hope Again

Not necessarily hope about them — hope in general. A sense that the future holds something worth moving towards. That things can be different. That you can be different. That love, connection, and joy are still available to you — perhaps in forms you have not yet imagined.

Hope does not require certainty. It only requires the small, steady belief that something good is still possible. If you feel even a flicker of that — notice it. Protect it. It is evidence that healing is working.

### REFLECTION

· *What does hope feel like for you right now — even if it is small?*

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· *What are you beginning to look forward to?*

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### WHERE YOU ARE NOW

- I have moments where the future feels open rather than closed.
- I can imagine myself being happy — genuinely, sustainably happy.
- I believe that what is right for me is still ahead of me.
- I am beginning to want things again.

## Healing Wins Tracker

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*Healing wins are rarely dramatic. They are quiet, personal, and easy to overlook. Record yours here.*

**SOMETHING I HANDLED DIFFERENTLY THAN I WOULD HAVE BEFORE**

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**SOMETHING I AM GENUINELY PROUD OF MYSELF FOR**

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**SOMETHING I NO LONGER TOLERATE**

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**SOMETHING I HAVE RECLAIMED THAT WAS LOST FOR A WHILE**

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**SOMETHING I AM EXCITED ABOUT**

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## 30-Day Healing Reflection

At the end of each day, tick the box, note your mood, and jot one word that describes where you are. No pressure — just presence.

1 <input type="checkbox"/> mood—	2 <input type="checkbox"/> mood—	3 <input type="checkbox"/> mood—	4 <input type="checkbox"/> mood—	5 <input type="checkbox"/> mood—	6 <input type="checkbox"/> mood—	7 <input type="checkbox"/> mood—	8 <input type="checkbox"/> mood—	9 <input type="checkbox"/> mood—	10 <input type="checkbox"/> mood—
11 <input type="checkbox"/> mood—	12 <input type="checkbox"/> mood—	13 <input type="checkbox"/> mood—	14 <input type="checkbox"/> mood—	15 <input type="checkbox"/> mood—	16 <input type="checkbox"/> mood—	17 <input type="checkbox"/> mood—	18 <input type="checkbox"/> mood—	19 <input type="checkbox"/> mood—	20 <input type="checkbox"/> mood—
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### MOOD KEY

Write your own shorthand in each cell — a number (1–10), a word, an initial. Whatever helps you track your honest state.

### AFTER 30 DAYS

- What do you notice when you look back at the month as a whole?

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- What surprised you about how you handled things this month?

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*Healing does not always look like moving on.  
Sometimes it looks like finally coming home to yourself.*

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You have been through something that asked more of you than it had any right to. And you are still here — reading, reflecting, choosing yourself over and over again in ways that no one else may ever fully see.

The ten signs in this guide are not a finish line. They are signposts. Evidence that you are already on your way. Healing is not a destination you arrive at — it is a direction you keep choosing. And you are already choosing it.

*Keep going.  
You are further along than you think.*

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*Astra Mirelli*

From the author of *Becoming Untouchable*

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