

Published based on [Step To Heal - Heal My Broken Heart](#)

Step To Heal - Heal My Broken Heart

If you feel like life is caving in on you, you are not alone. I understand how you feel. My name is Amelie Chance. Two years after my divorce, I fell to the bathroom floor at work in a full out panic attack. The memory of my break up was still very fresh. I decided right then and there it had been long enough. I knew I had to search out the solution to healing a broken heart, because I didn't buy the old adage that "time heals all wounds." It certainly didn't for me. I decided it was time to climb back up from that bathroom floor and find the life that I knew still awaited me.

Here is the reality I discovered: No matter if you've broken up from a long marriage or lost your first love, no matter how impossible it may seem – you can heal. Whether you are 20 or 60, life can still go on and it can be not only meaningful, but also better and brighter than before. This does not happen because you 'wait' for time to heal you, but rather because you've taken action to heal your broken heart.

When I hit rock bottom, I read every self-help book out there and even went through intensive psychotherapy. The only thing this accomplished was to identify what was wrong with me. It didn't help. Then I stumbled upon something that changed my life – Positive Psychology. No, not some mumbo-jumbo positive thinking or some new age fluff. Positive Psychology is a branch of traditional psychology that approaches issues from a different angle. Instead of studying what is wrong with you, Positive Psychology studies what is right with you. This science was the first thing that offered some relief to my heartache...

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