



A GUIDE FOR LOVED ONES

# How to Support Someone You Love Who Is *Healing*

If someone you love has shared this with you,  
thank you for taking the time to read it. That  
matters more than you realise.

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When someone begins this kind of work, they're not just "working on stress" or "processing trauma." They're untangling survival patterns that have been shaping how they think, feel, and respond for years, often decades.

Let me explain what that really means.

## What we are healing

We are healing the nervous system patterns that formed when something felt overwhelming, unsafe, or unsupported.

Sometimes that was a single significant event. Often it wasn't. More commonly, it was repeated experiences of feeling alone, dismissed, criticised, emotionally flooded, or responsible for too much too soon.

When the body experiences something as too much, too fast, or too scary, and there isn't enough safety or support to process it, it adapts. It learns to:

- Stay hyper-alert
- Shut down
- Please others
- Avoid conflict
- Over-function
- Disconnect from emotion

Those adaptations were intelligent. They were protective. But what protected someone as a child can quietly run their life as an adult. Anxiety, overwhelm, shutdown, overreaction, these are not personality flaws. They are nervous system strategies that once made sense.

The work we are doing is gently rewiring those patterns at the root, so the body no longer has to live as if the past is still happening.

## **What you might notice during this process**

As someone begins healing, you may notice:

- They need more space or quiet
- They become aware of patterns they didn't see before
- They set boundaries that feel unfamiliar
- They feel emotions more intensely for a period of time
- They withdraw temporarily to process

This isn't regression. It's integration. They are learning to respond rather than react. And that takes awareness, space, and safety.

## What helps most

You don't need to fix anything. What helps most is:

- Staying steady when they feel unsettled
- Being curious rather than defensive
- Listening without immediately solving
- Respecting their pace
- Reassuring them that your connection is secure

Your nervous system affects theirs. Calm presence goes a long way.

## What doesn't help (even with good intentions)

- Telling them to "just relax" or "stop overthinking"
- Rushing them through feelings
- Minimising their experience
- Taking their triggers personally
- Expecting them to move at your pace

Healing isn't about becoming someone new. It's about becoming safer in who they already are.

## The bottom line

This work is about rebuilding safety at the foundation. It takes time. It takes patience. It takes consistency.

**You don't have to be perfect. You just have to be present.**

*"What feels supportive right now?"*

*"How can I meet you in this moment?"*

That's what creates safety. And safety is what allows real change.

## And one final note

If you're supporting someone through this process, your wellbeing matters too. Be honest about your capacity. Make sure you are supported as well.

*Healing is relational. But it's healthiest  
when everyone involved feels resourced.*

If you have questions about how to best support your partner, family member or friend during this process, you are welcome to reach out.

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