



IS YOUR NEGATIVE PAST HOLDING BACK YOUR FUTURE?

LEARN HOW
TO MOVE
FORWARD
THIS SUNDAY!

By Charles E. Winburn, M.Ed.



TOUGH TIMES? SO WHAT?

FIND OUT HOW
TO RISE AGAIN
IN OUR SUNDAY
MASTERMIND
CLASS AND CLINIC!

By Charles E. Winburn, M.Ed.



HAS LIFE BEEN FULL OF UPS & DOWNS? **SO WHAT?**

LEARN HOW TO
PICK UP THE
PIECES AND
THRIVE THIS
SUNDAY!

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EVERYONE HAS A NEGATIVE PAST!

LEARN HOW TO
KEEP MOVING
FORWARD
THIS SUNDAY
MASTERMIND
CLASS AND CLINIC!

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LIFE'S BEEN TOUGH. BUT SO WHAT?

DISCOVER HOW TO
PIECE YOURSELF
BACK TOGETHER
SUNDAY IN
THE MASTERMIND
CLASS AND CLINIC!

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BEEN THROUGH A LOT? SO WHAT?

LEARN HOW TO
REBUILD AND WIN
IN THIS SUNDAY'S
MASTERMIND
CLASS AND CLINIC!

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TURN YOUR NEGATIVE PAST INTO A POSITIVE STORY!

**LEARN HOW
THIS SUNDAY!**

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Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing
The Christ Hospital
513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension

**Research-based vitamins
and minerals**

855-874-9087

John H. Thomas, Ed.D.
Clinical psychologist
513-961-5682
(24-hour answering service)

Amen Clinics
Brain SPECT Imaging
877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence
Network (ODVN) Helpline**

1-800-934-9840

www.odvn.org

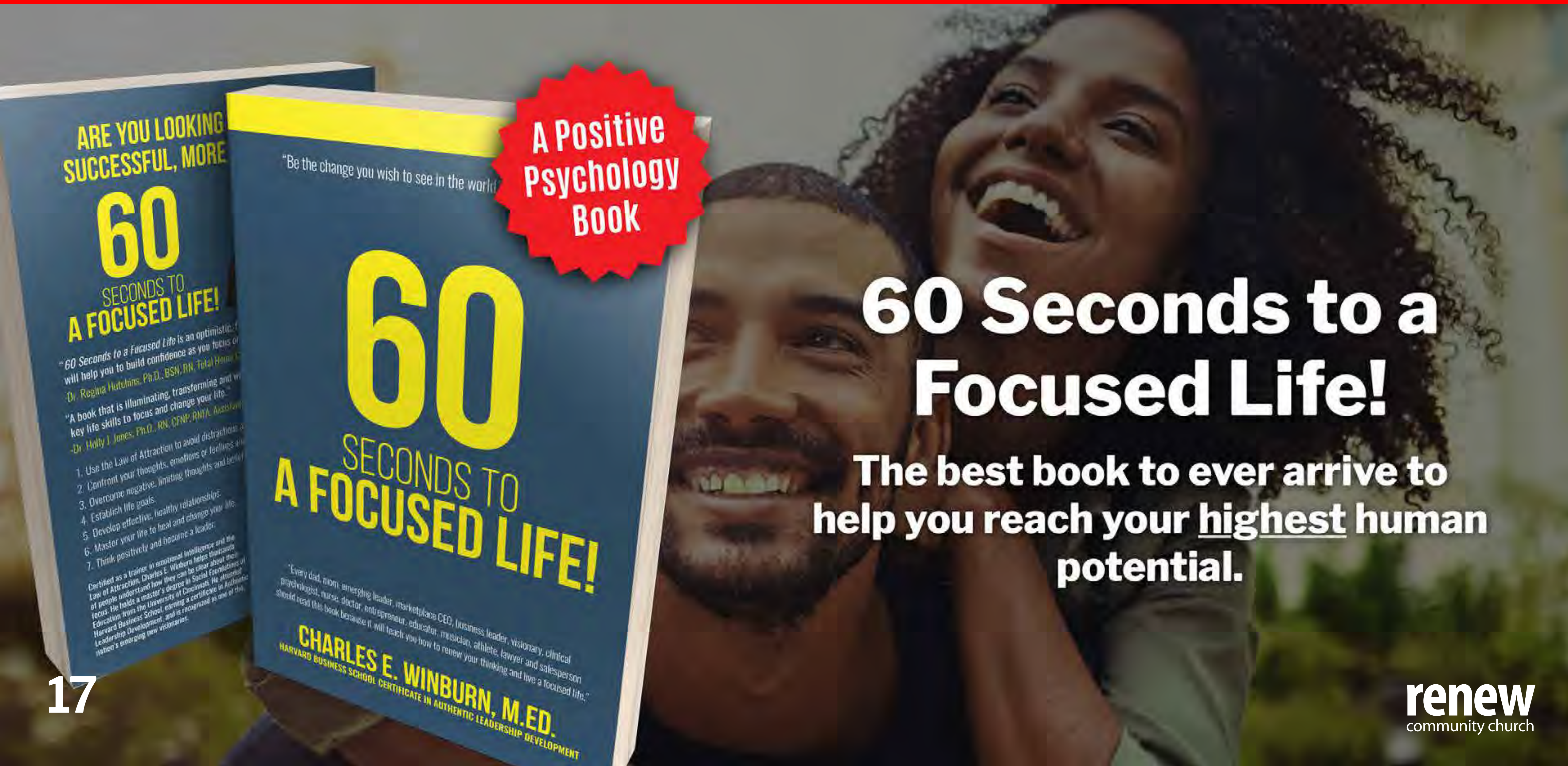
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



**A Positive
Psychology
Book**

60 Seconds to a Focused Life!

**The best book to ever arrive to
help you reach your highest human
potential.**

**ARE YOU LOOKING
SUCCESSFUL, MORE**

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**SECONDS TO
A FOCUSED LIFE!**

"60 Seconds to a Focused Life is an optimistic...
will help you to build confidence as you focus on...
-Dr. Regina Hutches, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will...
key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, ANFA, Assistant

1. Use the Law of Attraction to avoid distractions
2. Confront your thoughts, emotions or feelings
3. Overcome negative, limiting thoughts and beliefs
4. Establish life goals
5. Develop effective, healthy relationships
6. Master your life to heal and change your life
7. Think positively and become a leader

Certified as a trainer in emotional intelligence and the
Law of Attraction, Charles E. Winburn helps thousands
of people understand how they can be clear about their
focus. He holds a master's degree in Social Foundations of
Education from the University of Cincinnati. He attended
Harvard Business School, earning a certificate in Authentic
Leadership Development, and is recognized as one of the
nation's emerging new visionaries.

"Be the change you wish to see in the world"

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**SECONDS TO
A FOCUSED LIFE!**

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**Brethren, I count not myself
to have apprehended: but
this one thing I do, forgetting
those things which are behind,
and reaching forth unto those
things which are before, I press
toward the mark for the prize
of the high calling of God in
Christ Jesus.**

**Remember ye not the former
things, neither consider the
things of old. Behold, I will
do a new thing...**

Isaiah 43:18-19

**Therefore if any man be in
Christ, he is a new creature: old
things are passed away; behold,
all things are become new.**

2 Corinthians 5:17

**There is therefore now no
condemnation to them which
are in Christ Jesus... For the
law of the Spirit of life in Christ
Jesus hath made me free from
the law of sin and death.**

Romans 8:1-2

**Let us lay aside every weight,
and the sin which doth so easily
beset us, and let us run with
patience the race that is set
before us, looking unto Jesus
the author and finisher of
our faith.**

Hebrews 12:1-2

**If ye then be risen with Christ,
seek those things which are
above, where Christ sitteth on
the right hand of God. Set your
affection on things above, not
on things on the earth.**

6. Colossians 3:1-2

**Know ye not that they which
run in a race run all, but one
receiveth the prize? So run,
that ye may obtain.**

1 Corinthians 9:24

**25 reasons why individuals
with messy, ugly, criminal, or
challenging pasts lives might
fear sharing their lives due to
embarrassment**

AI Research

- 1. Fear of Judgment:** They worry others will judge them harshly for their past actions or circumstances.

2. Stigma and Labels: Society often labels people based on their history, leading to shame and fear of being permanently branded.

3. Fear of Rejection: They may fear that revealing their past will cause others to reject or distance themselves from them.

4. Internalized Shame: Feelings of shame about their actions or circumstances can make them reluctant to disclose their stories.

5. Fear of Disapproval from Loved Ones: Concern that family or friends will disapprove or be disappointed if they learn the truth.

6. Loss of Respect: Worry that sharing their history will cause others to lose respect for them, affecting relationships or opportunities.

7. Trauma Reopening: Sharing painful past experiences can reopen emotional wounds, which they fear might overwhelm them.

8. Fear of Legal Consequences:
Some may worry that revealing past crimes could lead to legal repercussions or investigations.

9. Fear of Being Exploited:
**Concerns that others might
use their vulnerabilities against
them for manipulation or harm.**

10. Self-Perception: They might struggle with self-acceptance, fearing that sharing their past confirms their worst self-view.

11. Cultural or Societal Norms:
**In some cultures, discussing
personal struggles or criminal
history is taboo, leading to fear
of social ostracism.**

12. Fear of Losing Employment Opportunities: Concerns that disclosure could jeopardize current or future employment prospects.

13. Perfectionism or Fear of Not Being Good Enough: Anxiety about not being able to live up to societal standards once their past is known.

14. Fear of Being Vulnerable:
Sharing personal, painful
histories makes them feel
exposed and vulnerable to
criticism.

15. Previous Negative Experiences:
Past experiences where disclosure led to negative consequences reinforce their fears.

16. Concern About Disrupting Current Life: Worry that revealing their past might destabilize their current stability or relationships.

17. Fear of Being Exploited or Bullied: Anxiety that others might use their vulnerabilities to bully or demean them.

18. Feeling Unworthy of Acceptance: Belief that their past makes them unworthy of love, friendship, or acceptance.

19. Protecting Others: Fear that sharing their story might hurt or burden loved ones emotionally.

20. Fear of Misunderstanding:
Worry that others won't
understand or will misinterpret
their circumstances or motives.

21. Lack of Trust: Past betrayals or betrayals by others can lead to difficulty trusting anyone with their story.

22. Fear of Reopening Old Wounds:
Sharing might trigger memories
of pain, regret, or trauma they'd
rather forget.

**23. Social and Cultural
Expectations:** Societal
expectations to conform
or appear “normal” can
discourage openness.

24. Fear of Losing Control:
Revealing their past might feel like losing control over their narrative or how others see them.

25. Desire to Protect Their Privacy:
They may simply prefer to keep
their personal history private
to maintain boundaries and
dignity.

10 significant psychological and medical repercussions from hiding your past

AI Research

- 1. Chronic Stress and Anxiety:** Constantly maintaining a facade or fear of being exposed can lead to persistent stress and anxiety. This ongoing mental effort can wear down coping mechanisms, leading to physical symptoms like headaches, muscle tension, and sleep disturbances.

2. Depression: Suppressing traumatic or shameful memories can contribute to feelings of hopelessness, worthlessness, or emotional numbness, increasing the risk of depression. The inability to reconcile one's past may lead to persistent emotional pain.

3. Low Self-Esteem and Self-Identity Issues: Hiding significant aspects of oneself can result in a fragmented or unstable sense of identity. Over time, this dissonance can erode self-esteem and lead to feelings of shame or self-loathing.

4. Post-Traumatic Stress Disorder (PTSD): Repressed traumatic experiences, especially involving violence or criminal acts, can resurface unexpectedly, causing flashbacks, nightmares, and hyperarousal, characteristic of PTSD.

5. Substance Abuse: Some individuals may turn to drugs or alcohol to numb feelings associated with their past, leading to dependency issues. This coping mechanism can further worsen mental health and physical health problems.

- 6. Physical Health Problems:**
Chronic stress and emotional suppression can weaken the immune system, increase inflammation, and contribute to cardiovascular issues, gastrointestinal problems, and other health conditions.

- 7. Difficulty in Relationships:**
Concealing one's past can hinder genuine connections, leading to feelings of loneliness and mistrust. It may also cause issues with intimacy and communication in personal relationships.

8. Dissociative Disorders: In some cases, repression of traumatic memories may lead to dissociative symptoms, such as feeling detached from oneself or reality, as a psychological defense mechanism.

- 9. Risk of Self-Harm or Suicide:**
The emotional burden of hiding painful truths can lead to feelings of despair or hopelessness, increasing the risk of self-harm or suicidal thoughts.

10. Maladaptive Coping Strategies:
To deal with the internal conflict, individuals might develop unhealthy coping mechanisms like compulsive behaviors, aggression, or avoidance, which can further impair their mental and physical wellbeing.

**25 practical ways individuals
with challenging, criminal,
cheating, ugly, or embarrassing
past lives can transform
their experiences into
blessings for others**

AI Research

- 1. Share Personal Stories of Transformation:** By openly sharing their journey from darkness to light, they inspire others to believe in the possibility of change and redemption.

2. Offer Support to Others Facing Similar Struggles: Providing empathy and guidance to those currently in difficult circumstances helps break cycles of shame and fosters healing.

3. Become a Mentor or Coach:
Use personal experiences to mentor others on their path of recovery, resilience, and self-improvement.

4. Advocate for Criminal Justice Reform: Use their story to highlight the importance of rehabilitation, second chances, and systemic change.

5. Engage in Community Service:
Volunteering in community programs helps rebuild trust and demonstrates commitment to positive change.

6. Start a Support Group for Ex-offenders: Facilitate a safe space for sharing, healing, and mutual encouragement among those rebuilding their lives.

7. Contribute to Educational Programs: Offer workshops or talks about overcoming adversity, emphasizing that everyone can change.

8. Write a Book or Blog: Document their journey, providing hope and practical advice to others seeking transformation.

9. Create Art or Music: Use creative expression as a healing tool and a way to communicate their story and inspire others.

10. Volunteer with Youth Programs:
Mentor at-risk youth,
demonstrating that a better
future is possible regardless of
past mistakes.

11. Participate in Restorative Justice Initiatives: Engage in programs that promote reconciliation between offenders and victims, fostering healing for all parties.

12. Advocate for Mental Health and Addiction Support: Share experiences to destigmatize mental health issues and promote access to help.

13. Become a Certified Counselor or Therapist: Use professional skills to guide others through their struggles and recovery processes.

14. Engage in Public Speaking:
Speak at events to challenge stigma and promote understanding about redemption and change.

15. Support Rehabilitation Programs: Volunteer or donate to organizations that assist offenders in rebuilding their lives.

16. Lead by Example in Personal Integrity: Live a life of honesty and service, demonstrating that change is real and sustainable.

17. Offer Workshops on Forgiveness and Self-Compassion: Teach others how to forgive themselves and others as part of healing their pasts.

18. Participate in Media Campaigns:
Share stories through
documentaries, podcasts, or
social media to reach a wider
audience.

19. Engage in Spiritual or Religious Communities: Find and share spiritual teachings that emphasize redemption, forgiveness, and inner peace.

20. Contribute to Policy
Advocacy: Push for laws that support second chances, fair sentencing, and prisoner reintegration programs.

21. Become a Peer Support Specialist: Use lived experience to support others in recovery or reintegration efforts.

22. Offer Skill-Building Workshops:
Teach practical skills like job
readiness, financial literacy, or
communication to empower
others.

**23. Volunteer in Restorative Justice
Circles:** Facilitate dialogue
between offenders and victims
to promote understanding and
healing.

24. Practice and Promote Self-Development: Continuously work on personal growth, inspiring others to see that change is ongoing and attainable.

25. Be a Living Testament: Simply living a positive, honest life after a difficult past serves as a powerful example to others that change is possible.



TURN YOUR MESSY PAST AROUND & BLESS OTHERS!

LEARN HOW
THIS SUNDAY!

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