HEALTHY TIPS

Signs that You're a Wounded Healer Who Still Chooses to Help Others

By bestfolkmedicine · 15/07/2022 · 2 min read



According to the 12 archetypes identified by Carl Jung, the wounded healer is one of the best known.

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This personality type is of those who try to help others all the time. They're doing it because they're helping themselves.

Whether this is a physician, teacher, writer, or accountant, these personalities wish to help others due to a complex past.

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If you're suspecting that this is your type of personality, check out the revealing signs below. The ultimate goal of your existence is to heal yourself by serving others.

Remember, as Rumi said, "the wound is where the light enters."

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Signs that You're a Wounded Healer

1. **From a young age, you knew what you wanted to do is to help others**

Although you may not have known what you were going to do in life, you always knew that it would be serving others to a certain degree.

2. **When you advise others, it's like you're giving advice to your younger self**

These are the dynamics that make you appreciate helping others because by healing them, you're healing yourself.

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3. **Without struggle, genuine happiness isn't possible**

For you, there's a purpose for suffering and it's seeing things as clearly as possible and being at peace.

4. **Your worst fear and biggest desire is recognition for your work**

You desire others to see you as a teacher and healer or something else; however, your deepest fear is being seen in that way.

5. **You often help a bit too much**

You've learned that you can tell people what to do; however, they won't truly acknowledge that until they figure things out themselves.

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You're aware of this, yet you try your best to help and push others to become and do better.

6. **Work often becomes your life**

You give everything to what you do; sometimes, this makes it harder to draw a line. For you, work is your life and you don't want it any other way.

7. **It's hard to accept criticism**

As a person who's deprived of care and love (the cause of your wounds), criticism can hurt you a bit more than it actually should. But, you're strong and get through it.

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8. **You're constantly working on your personal growth**

Self-growth is your goal and you're always looking for ways to learn and become more loving, aware, and open-minded.

9. **You try to fix everything**

Sometimes, you do this because it's difficult for you to spot the difference between the drive for the life you want and perfectionism.

Often, the line between a state of near-insanity and dedication is blurry for you.

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10. **Your problems made you stronger**

You're grateful for the negative experiences you've had in life.

They transformed you on a deep level and without them, you wouldn't be who you are today and come so far.

Sources:

THE MIND'S JOURNAL

THOUGHT CATALOG

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