



PROFILE

Former emotionally unavailable expert turned wholehearted apprentice. Healing through faith, therapy, and heartbreak-fueled songwriting. No longer ghosting, now growing. Rewriting my story, one surrendered prayer and blog post at a time.

Seeking a connection built on truth, scripture, and Spotify playlists. Fluent in apologies, scripture references, and uncomfortable emotional conversations.

CONTACT

WEBSITE:

www.healingavoidant.com

INSTAGRAM HANDLE

@healing__avoidant

LINKTREE:

https://linktr.ee/healing__avoidant

HOBBIES

- Turning heartbreak into music
- Talking to God like He's my therapist
- Journaling like my life depends on it (because it kinda does)
- Watching rom-coms for exposure therapy
- Mentoring my inner child

REFERENCES

- God (Primary author of my story)
- My sister (vouches for my growth)
- Every blog and song I cried writing
- The silence I learned to sit with

HEALING AVOIDANT

Chief Executive of Emotional Baggage (Retired)

EDUCATION

School of Heartbreak Recovery

Major: Accountability & Vulnerability

Faith-Based Healing Academy

Certificate in Surrendering Control

Avoidant Attachment Bootcamp

Ongoing Training (Patiently waiting exams)

Therapy University

5-month immersion, focus on Emotional Availability/Childhood Trauma

WORK EXPERIENCE

Healing Avoidant Music - Lead Songwriter & Pain Processor

2025-Present

Utilizing AI to create and produce music chronicling my emotional recovery. Transforming past experiences and healing into music.

Discography:

- Bandaid on a Bullet Wound
- Only Through You
- The One I Loved the Most
- The One You Loved the Most
- Letters to Ghosts and God (coming soon)
- From the Ashes (coming soon)

Healing Avoidant Blog - Blogger-in-Redemption

2025-Present

Authored reflections on grief, growth, faith, and fear—healing through transparency and storytelling.

Attachment Style Reformer

2025-Present

Studied and actively rewired avoidant behaviors. Practiced staying, praying, and processing instead of panicking.

SKILLS

