



# Healing Stitches Afghan

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**Red Heart® With Love™ (198 g/7 oz, 338 meters/370 yards)**

Color A - Bluebell 2 balls  
Color B - Stone 2 balls  
Color C - Sage 2 balls  
Color D - Pewter 2 balls

**Size U.S. J/10 (6.0 mm) crochet hook.**

Measurements Approx 58" x 58" [147 x 147 cm].

## Abbreviations List

Beg = Begin(ning)  
Blo = Back loop only  
Ch = Chain  
Dc = Double crochet  
Dcbp = Double crochet back post  
Dcfp = Double crochet front post  
Hdc = Half double crochet  
Rep = Repeat  
Rnd(s) = Round(s)  
Sc = Single crochet  
Sk = Skip  
Sl st = Slip stitch  
Sp = Space  
St(s) = Stitch(es)  
Yoh = Yarn over hook

## Special Note

When working dcfp, pull first loop up to keep extended to height of current row.

## Special Stitches

Lg Shell = 9 dc in same st.

Shell = 5 dc in same st.

Standing Sc = Form slip knot and insert onto the hook. Insert hook into st, yoh and pull loop through, yoh through 2 loops.

V-st = 1 dc, ch 1, 1 dc in same st.

X-st = Sk next st, dc in next st, dc in skipped st.

## Instructions

**1st rnd: (RS)** With A, ch 2, in 2nd ch from hook, 1 sc, [ch 2, 1 sc] 3 times, 1 hdc (counts as ch 2 corner here and throughout) in first sc to close rnd. 4 sc, 4 ch 2 corners.

**2nd rnd:** Ch 3 (counts as dc here and throughout), 1 dc in same sp (working around post of hdc), 1 dc in next st, \*(2 dc, ch 2, 2 dc) in corner ch 2, 1 dc in next st; rep from \* two more times, 2 dc in beg corner, join with 1 hdc to top of ch 3. 5 dc per side/ 20 dc total.

**3rd rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\*, (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color A. 7 sc per side/ 28 sc total.

**4th rnd:** With B, join with sl st in any corner, ch 1 (doesn't count as st), 1 hdc in same sp, \*1 dc in next st, [1 dcfp around dc 2 rnds below, sk the st behind the dcfp, 1 dc in next st] to corner\*\*, (1 hdc, Ch 2. 1 hdc) in corner sp; rep from \* twice, then from \* to \*\* once more, 1 hdc in beg sp, join with 1 hdc to beg hdc. 3 dcfp, 4 dc, 2 hdc per side, 36 sts total.

**5th rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\*, (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color B. 11 sc per side/ 44 sc total.

**6th rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in next st, [sk next st, 1 dc in next st, cross back, 1 dc in skipped sp (X-st made)] to corner\*\*, (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, sl st to beg ch 3. Break C. 5 X-st, 5 dc per side/ 20 X-st, 20 dc total.

**7th rnd:** With D, join with sl st in any corner ch 2 sp, ch 3, 1 dc in same sp, \*1 dc in each st to corner\*\*, (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, 2 dc in beg corner, join with 1 hdc to top of ch 3. 19 dc per side/ 76 dc total.

**8th rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\*, (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color D. 21 sc per side/ 84 sc total.

**9th rnd:** With A, join with sl st in any corner, ch 1 (doesn't count as st), 1 hdc in same sp, \*1 dc in next st, [1 dcfp around dc 2 rnds

below, sk the st behind the dcfp, 1 dc in next st] to corner.\*\* (1 hdc. Ch 2. 1 hdc) in corner sp; rep from \* twice, then from \* to \*\* once more, 1 hdc in beg sp, join with 1 hdc to beg hdc. 10 dcfp, 11 dc, 2 hdc per side / 92 sts total.

**10th rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\* (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color A. 25 sc per side/ 100 sc total.

**11th rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, 8 dc in same sp (1 lg shell made), \*sk 3 sts, 1 sc in next st, [sk 2 sts, 5 dc in next st (1 shell made), sk 2 sts, 1 sc in next st] three times, sk 3 sts,\*\* 1 lg shell in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break color C. 3 shells, 4 sc per side / 4 lg shells, 12 shells, 16 sc total.

**12th rnd:** With B, standing sc in the 5th dc of any lg shell, (1 sc, ch 2, 2 sc) in same st, \*sk 1 st, 1 sc in next st, \*[sk 2 sts, 1 shell in next st, sk 2 sts, 1 sc in next st] four times, sk 1 st,\*\* (2 sc, ch 2, 2 sc) in next st; rep from \* twice, then from \* to \*\* once, join with sl st to beg sc. Break B. 4 shells, 9 sc per side / 16 shells, 36 sc total.

**13th rnd:** With D, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*working in blo, 1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break D. 33 dc per side / 132 dc total.

**14th rnd:** With B, join with sl st in any corner ch 2 sp, ch 3, 8 dc in same sp (1 lg shell made), \*sk 1 st, 1 sc in next st, [sk 2 sts, 1 shell in next st, sk 2 sts, 1 sc in next st] five times, sk 1 st,\*\* 1 lg shell in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break color B. 5 shells, 6 sc per side / 4 lg shells, 20 shells, 24 sc total.

**15th rnd:** With C, standing sc in the 5th dc of any lg shell, (1 sc, ch 2, 2 sc) in same st, \*sk 1 st, 1 sc in next st, \*[sk 2 sts, 1 shell in next st, sk 2 sts, 1 sc in next st] six times, sk 1 st,\*\* (2 sc, ch 2, 2 sc) in next st; rep from \* twice, then from \* to \*\* once, join with sl st to beg sc. Break C. 6 shells, 11 sc per side / 24 shells, 44 sc total.

**16th rnd:** With A, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*working in blo, 1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break A. 45 dc per side / 180 dc total.

**17th rnd:** With D, join with a sl st in any corner ch 2 sp, ch 1, (1 hdc, ch 2, 1 hdc) in same sp, \*1 dcbp in each st to corner,\*\* (1 hdc, ch 2, 1 hdc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg hdc. Break D. 47 sts per side / 188 sts total.

**18th rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in next st, [sk next st, 1 dc in next st, cross back, 1 dc in skipped sp (X-st made)] to corner\*\*, (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, sl st to beg ch 3. Break C. 23 X-st, 5 dc per side/ 92 X-st, 20 dc total.

**19th rnd:** With B, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break B. 55 dc per side / 220 dc total.

**20th rnd:** With A, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*sk next st, [(1 dc, ch 1, 1 dc) in next st (1 V-st made), sk 2 sts] to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break A. 18 V-st, 4 dc per side / 72 V-st, 16 dc total.

**21st rnd:** With D, join with a sl st in any corner ch 2 sp, ch 3, (1 dc,

ch 2, 2 dc) in same sp, \*1 dc in next 2 sts, [3 dc in next ch 1 sp of V-st] until 3 sts before corner, sk 1 st, 1 dc in next 2 sts,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break D. 62 dc per side / 248 dc total.

**22nd rnd:** With B, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*sk next 2 sts, [1 V-st in next st, sk 2 sts] to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break B. 20 V-st, 4 dc per side / 80 V-st, 16 dc total.

**23rd rnd:** With C, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in next 2 sts, [3 dc in next ch 1 sp of V-st] until 3 sts before corner, sk 1 st, 1 dc in next 2 sts,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break C. 68 dc per side / 272 dc total.

**24th rnd:** With A, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*working in blo, 1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break A. 72 dc per side / 288 dc total.

**25th rnd:** With D, join with a sl st in any corner ch 2 sp, ch 1, (1 hdc, ch 2, 1 hdc) in same sp, \*1 dcbp in each st to corner,\*\* (1 hdc, ch 2, 1 hdc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg hdc. Break D. 74 sts per side / 296 sts total.

**26th rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*sk next st, 1 dc in next st, [sk next st, 1 dc in next st, cross back, 1 dc in skipped sp (X-st made)] to corner\*\*, (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, sl st to beg ch 3. Break C. 37 X-st, 4 dc per side/ 148 X-st, 16 dc total.

**27th rnd:** With B, join with a sl st in any corner ch 2 sp, ch 3 (1 dc, ch 2, 2 dc) in same sp, \*1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break B. 82 dc per side / 324 dc total.

**28th rnd:** With A, join with a sl st in any corner ch 2 sp, ch 3, 1 dc in same sp, \*1 dc in each st to corner,\*\* (1 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, 1 dc in beg corner, join with 1 hdc to top of ch 3. 85 dc per side/ 340 dc total.

**29th rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\* (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color A. 87 sc per side/ 348 sc total.

**30th rnd:** With B, join with sl st in any corner, ch 1 (doesn't count as st), 1 hdc in same sp, \*1 dc in next st, [1 dcfp around dc 2 rnds below, sk the st behind the dcfp, 1 dc in next st] to corner.\*\* (1 hdc. Ch 2. 1 hdc) in corner sp; rep from \* twice, then from \* to \*\* once more, 1 hdc in beg sp, join with 1 hdc to beg hdc. 89 sts per side, 356 sts total.

**31st rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\* (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color B. 91 sc per side/ 364 sc total.

**32th rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in next st, [sk next st, 1 dc in next st, cross back, 1 dc in skipped sp (X-st made)] to corner ch 2 sp\*\*, (2 dc, ch 2, 2 dc) in corner; rep from \* twice, then from \* to \*\* once, sl st to beg ch 3. Break C. 45 X-st, 5 dc per side/ 180 X-st, 20 dc total.

**33rd rnd:** With D, join with sl st in any corner ch 2 sp, ch 3, 1 dc in same sp, \*1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, 2 dc in beg corner, join with 1



hdc to top of ch 3. 99 dc per side / 396 dc total.

**34th rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\* (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color D. 101 sc per side/ 404 sc total.

**35th rnd:** With A, join with sl st in any corner, ch 1 (doesn't count as st), 1 hdc in same sp, \*1 dc in next st, [1 dcbp around dc 2 rnds below, sk the st behind the dcbp, 1 dc in next st] to corner.\*\* (1 hdc, Ch 2. 1 hdc) in corner sp; rep from \* twice, then from \* to \*\* once more, 1 hdc in beg sp, join with 1 hdc to beg hdc. 103 sts per side / 412 sts total.

**36th rnd:** Ch 1, 1 sc in same sp, \*sc in each st to corner\*\* (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then \* to \*\* once, 1 sc in beg corner, join with 1 hdc to beg sc. Break color A. 105 sc per side/ 420 sc total.

**37th rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, 8 dc in same sp (1 lg shell made), \*sk 1 st, 1 sc in next st, [sk 2 sts, 1 shell in next st, sk 2 sts, 1 sc in next st] 17 times, sk 1 st,\*\* 1 lg shell in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break color C. 17 shells, 18 sc per side / 4 lg shells, 68 shells, 72 sc total.

**38th rnd:** With B, standing sc in the 5th dc of any lg shell, (1 sc, ch 2, 2 sc) in same st, \*sk 1 st, 1 sc in next st, [sk 2 sts, 1 shell in next st, sk 2 sts, 1 sc in next st] 18 times, sk 1 st,\*\* (2 sc, ch 2, 2 sc) in next st; rep from \* twice, then from \* to \*\* once, join with sl st to beg sc. Break B. 18 shells, 23 sc per side / 72 shells, 92 sc total.

**39th rnd:** With D, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*working in blo, 1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break D. 117 dc per side / 468 dc total.

**40th rnd:** With B, join with sl st in any corner ch 2 sp, ch 3, 8 dc in same sp (1 lg shell made), \*sk 1 st, 1 sc in next st, [sk 2 sts, 1 shell in next st, sk 2 sts, 1 sc in next st] 19 times, sk 1 st,\*\* 1 lg shell in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break color B. 19 shells, 20 sc per side / 4 lg shells, 76 shells, 80 sc total.

**41st rnd:** With C, standing sc in the 5th dc of any lg shell, (1 sc, ch 2, 2 sc) in same st, \*sk 1 st, 1 sc in next st, [sk 2 sts, 1 shell in next st, sk 2 sts, 1 sc in next st] 20 times, sk 1 st,\*\* (2 sc, ch 2, 2 sc) in next st; rep from \* twice, then from \* to \*\* once, join with sl st to beg sc. Break C. 20 shells, 25 sc per side / 80 shells, 100 sc total.

**42nd rnd:** With A, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*working in blo, 1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break A. 129 dc per side / 516 dc total.

**43rd rnd:** With D, join with a sl st in any corner ch 2 sp, ch 1, (1 hdc, ch 2, 1 hdc) in same sp, \*1 dcbp in each st to corner,\*\* (1 hdc, ch 2, 1 hdc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg hdc. Break D. 131 sts per side / 524 sts total.

**44th rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in next st, [sk next st, 1 dc in next st, cross back, 1 dc in skipped sp (X-st made)] to corner\*\*, (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, sl st to beg ch 3. Break C. 65 X-st, 5 dc per side/ 260 X-st, 20 dc total.

**45th rnd:** With B, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to

beg ch 3. Break B. 139 dc per side / 556 dc total.

**46th rnd:** With A, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*sk next st, [1 V-st in next st, sk 2 sts] to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break A. 46 V-st, 4 dc per side / 184 V-st, 16 dc total.

**47th rnd:** With D, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in next 2 sts, [3 dc in next ch 1 sp of V-st] until 3 sts before corner, sk 1 st, 1 dc in next 2 sts,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break D. 146 dc per side / 584 dc total.

**48th rnd:** With B, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*sk next 2 sts, [1 V-st in next st, sk 2 sts] to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break B. 48 V-st, 4 dc per side / 192 V-st, 16 dc total.

**49th rnd:** With C, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*1 dc in next 2 sts, [3 dc in next ch 1 sp of V-st] until 3 sts before corner, sk 1 st, 1 dc in next 2 sts,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break C. 152 dc per side / 608 dc total.

**50th rnd:** With A, join with a sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*working in blo, 1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break A. 156 dc per side / 624 dc total.

**51st rnd:** With D, join with a sl st in any corner ch 2 sp, ch 1, (1 hdc, ch 2, 1 hdc) in same sp, \*1 dcbp in each st to corner,\*\* (1 hdc, ch 2, 1 hdc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg hdc. Break D. 158 sts per side / 632 sts total.

**52nd rnd:** With C, join with sl st in any corner ch 2 sp, ch 3, (1 dc, ch 2, 2 dc) in same sp, \*sk next st, 1 dc in next st, [sk next st, 1 dc in next st, cross back, 1 dc in skipped sp (X-st made)] to corner\*\*, (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, sl st to beg ch 3. Break C. 78 X-st, 5 dc per side/ 312 X-st, 20 dc total.

**53rd rnd:** With B, join with a sl st in any corner ch 2 sp, ch 3 (1 dc, ch 2, 2 dc) in same sp, \*1 dc in each st to corner,\*\* (2 dc, ch 2, 2 dc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg ch 3. Break B. 165 dc per side / 660 dc total.

**54th rnd:** With A and C together, join with a standing sc in any corner ch 2 sp, (ch 2, 1 sc in same sp, \*ch 1, sk next st, [1 sc in next st, ch 1, sk next st] to corner,\*\* (1 sc, ch 2, 1 sc) in ch 2 sp; rep from \* twice, then from \* to \*\* once, join with sl st to beg sc. Fasten off. 84 sc per side / 336 sc total.

Damp block finished afghan to shape and enjoy.

