



5 Steps Toward Healing

PURPOSE: TO HELP INDIVIDUALS EXPLORE PATHS OF SELF-COMPASSION, CONNECTION, AND HOPE.

Instructions: Reflect on each prompt. Write or discuss your answers.

1. A safe person or place where I can share my story is:

2. Words of kindness I want to tell myself when guilt or shame comes:

3. A supportive practice I can do each week (for example, prayer, journaling, walking, talking to a friend):

4. A leader, pastor, or helper who listened to me without judgment is:

5. One way I want to support others who may be carrying heavy feelings is:

