



Hosted by Battered Not Broken, Inc.



Twelve Principles of H.E.A.L

Our group operates on 12 guiding principles, from acknowledging personal challenges to learning unconditional self-love. These principles are the backbone of our group, helping us build fulfilling relationships and grow spiritually.

- 1. Acknowledge:** I must acknowledge that I cannot heal from things I do not confront.
- 2. Boundaries:** I will set, honor, and maintain healthy boundaries for myself and others.
- 3. Power:** I understand that I have no control over others; my power lies in controlling myself.
- 4. Guidance:** I trust and rely on the guidance I receive from my Higher Power, letting it lead my decisions and choices.
- 5. Surrender:** I will make peace with and surrender to God's plan, rather than my own.
- 6. Trust:** I am learning to trust myself and those who have proven themselves trustworthy.
- 7. Believe:** When others show me who they are, I believe them and make decisions for my well-being accordingly.
- 8. Let Go or Fall:** I realize that holding onto things that do not serve me disrupts my balance in life.
- 9. Forgive:** I understand that forgiveness is giving up the hope that the past could have been different; I release myself and others from that hope.
- 10. Potential:** I will no longer allow the potential of what something could be to motivate me to hold onto unhealthy relationships.
- 11. Validation:** I have always been and will always be enough; I do not need to seek validation from others.
- 12. Love:** I am learning to love myself unconditionally; only then will I be truly available to give and receive love from others.

More information at www.bit.ly/WOMENHEAL