



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.. [Download the Twelve Principles here](#)

1. **Acknowledge:** Acknowledge that I cannot heal from the things that I don't confront.
2. **Boundaries:** Set, honor, and maintain healthy boundaries for myself and others.
3. **Power:** Understand I have no control over others; my power lies in the control I have over myself.
4. **Guidance:** Trust and rely on the guidance I receive from my Higher Power and allow it to lead my decisions and choices.
5. **Surrender:** Make peace with and surrender to God's plan instead of my own.
6. **Trust:** Learn to trust me and those who've proven they are trustworthy.
7. **Believe:** Believe others when they show me who they are, and make decisions for my well-being accordingly.
8. **Let Go or Fall:** Realize that the more I hold onto things that do not serve me, the more it disrupts my balance in life.
9. **Forgive:** Understand that forgiveness is giving up the hope the past could've been different; I release myself and others from that hope.
10. **Potential:** No longer allow the potential of what something could be, to be my motivation for holding 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:** Learn how to love me unconditionally, only then will I be available to give and receive it from others.

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