



Hosted by Battered Not Broken, Inc.

H.E.A.L

Hope. Empowerment. Acceptance. Love



Twelve Principles of H.E.A.L



We rely upon the 12 Principles for knowledge and wisdom; they are the blueprint of our group and guide us in being conscious and disciplined in developing honest and fulfilling relationships with ourselves and others. In H.E.A.L, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

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.

www.bit.ly/WOMENHEAL