



5. V LEARNING NEW BEHAVIORS

(more about how to build new behaviors, and have support for the new behaviors)



OUTCOMES
APOLOGY
MEDIATION
REPARATIONS
ENDING



2. II. ACCEPTING THE HARM DONE (acknowledgement)



1. I.

IDENTIFYING BEHAVIORS

(this usually) takes longer than one thing



4. IV.

UNLEARNING OLD BEHAVIORS

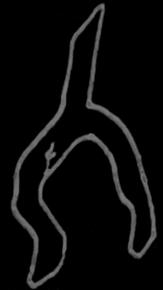
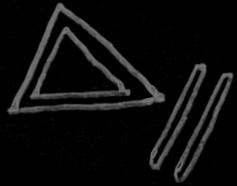
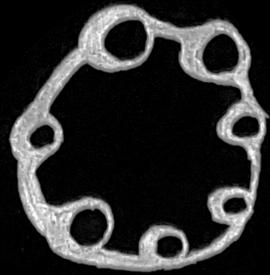
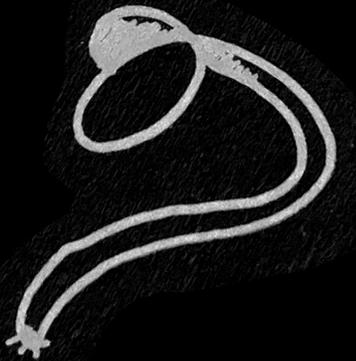
(in order to not repeat)

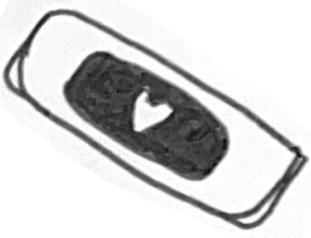


3. III.

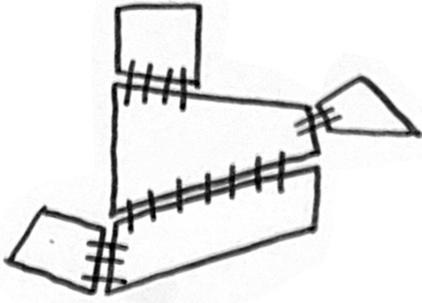
LOOKING FOR PATTERNS

(via history, context, socializations)





bandage-acceptance



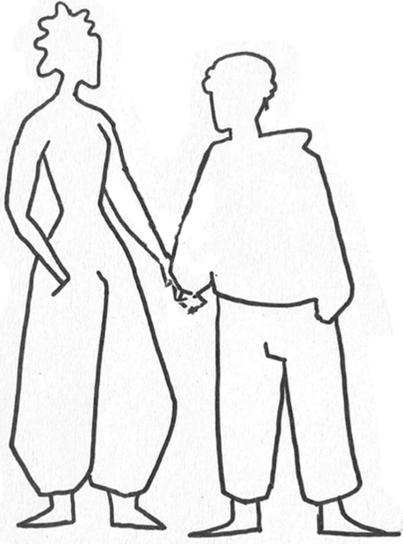
pieces-patterns



NO-no shame no blame



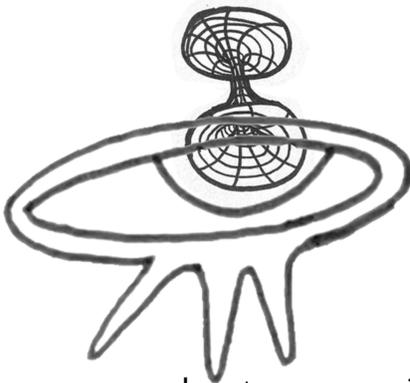
work cone-obstacle



touch-empathy



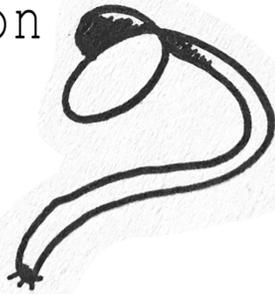
mirror-(self) reflection



eye-internal acknowledgment



lens-examination



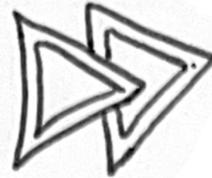
bud-growth



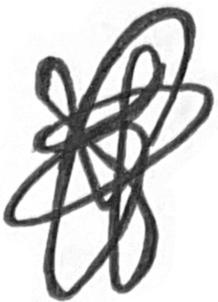
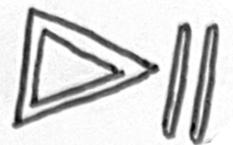
handshake-Repair



wheel-community



fast fwd & pause/play - action



scribble-change & interminacy



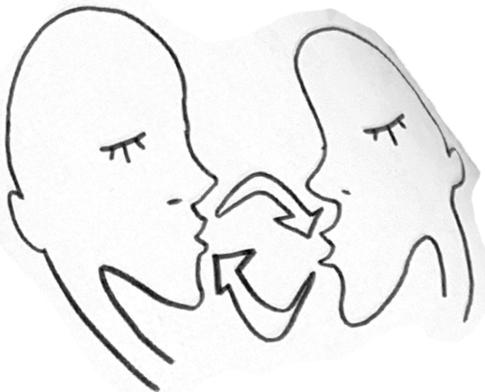
ears-listening



gift-new behaviors



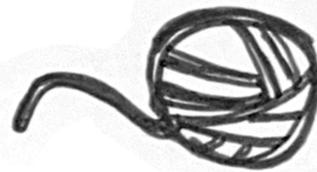
joker-wildcard



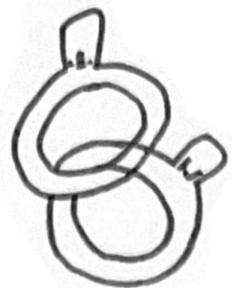
dialogue-communication



repeat-ongoing



yarn-unlearning



rings-commitment/engagement

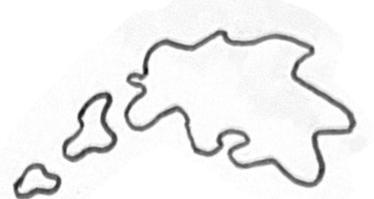


chest-old behaviors



unbroken wishbone-Choices

seeing-external Acknowledgment



speech bubble-naming (the behaviors)