Humanize Me: A Healing-Centered Framework
Synthesis by Vincent Perez, MPA

The **Humanize Me – Healing-Centered Framework** is a transformative approach to personal and collective healing that emphasizes awareness, learning, integration, and action. Rooted in trauma-informed wisdom, cultural traditions, and psychological insights, this framework guides individuals and communities through a structured yet flexible journey of growth. It begins with **Notice & Acknowledge**, where one cultivates self-awareness, emotional recognition, and truth-telling to see patterns within themselves and their environments. Next, **Accept & Learn** invites deep inquiry, historical context, and the wisdom of lived experiences to expand understanding and shift perspectives. These stages help individuals move from unconscious reactions to conscious engagement with healing.

The process continues with **Integrate & Grow**, where newfound awareness is practiced, embodied, and woven into daily life, fostering resilience, transformation, and renewed meaning. Finally, **Loving Action & Commitment** ensures that healing is not only personal but also extends outward through values-driven action, purpose, and relational accountability. The framework acknowledges that healing happens at multiple levels—**individual, relational, communal, and systemic**—and integrates tools from neuroscience, somatic practice, and indigenous traditions. By guiding individuals to engage with both **personal reflection and systemic transformation**, Humanize Me fosters a holistic approach to healing that is sustainable, inclusive, and deeply humanizing.

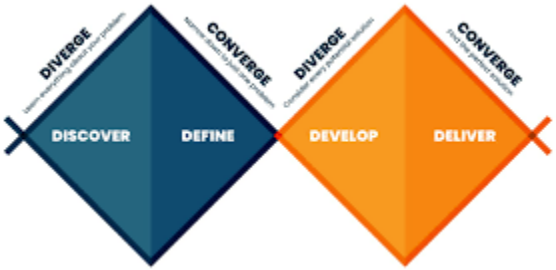
Look to Buddhism

Look to Scientific Method

	Notice & Acknowledge	**Accept & Learn**	**Integrate & Grow**	**Loving Action & Commitment**
	Notice & Acknowledge Awareness Consciousness Honesty (Truth Telling) Tool: Mirror Clean Pain (Menakem) **Notice:** • Self. Other. Group. Institution. • Self-Reflection • Observation • Emotion recognition • Physiological sensation	**Accept & Learn** Seek Understanding and Wisdom **Learn:** • Analyze, Examine • Listening & Witnessing • Inquiry, Research, Investigation • Evaluating evidence • Confronting • Wisdom • Historicizing • Contextualize	**Integrate & Grow** Transform through integration, practice, and commitment. **Grow** • Transformation • Practice • Skills integration • Enhanced meaning • Capacity for repair/healing • Renewal and Redemption • Adaptation • Humanizing • Volition	**Loving Action & Commitment** **Positive Action** • Willingness • Motivation • Application • Behavioral activation • Living values • Purpose • Positive Identity • Maintenance Integrity Alignment

	• Patterns • Courage • Reckon			
Judith Herman: Stages of Recovery	Safety and stabilization: securing safety	Remembrance and mourning: Reconstructing the trauma transforming traumatic memory	Meaning & Reconnection: Reconciliation with self and others; Resolving trauma	
4 Stages of Trauma Recovery: Robert Rynfield	Stage One: Creating Safety and Stabilization	Stage Two: Remembrance and Mourning	Stage Three: Reconnecting and Integrating	Stage Four: Consolidation and Resolution
Nahui Ollin, XITO	Tezcatlipoca Self-Reflection Awareness	Quetzalcoatl Beautiful Knowledge The truth will set you free	Xipe Totec Transformation Shedding what is not useful	Huitzilopochtli Positive Action Strong Heart Will Ganas
Gay Hendricks (2009), Key Moves Conscious Living	Facing	Accepting	Choosing (Commitment)	Action
Jerry Tello	Acknowledgement	Understanding (Acceptance)	Integration (Compassion)	Movement (Commitment)
Joseph Campbell	The Call to Adventure ● Mentorship ● Guidance	The Quest (Crossing the Threshold) ● Initiation ● Allies/Enemies	The Trials ● Belly of the Whale ● Transformation ● Unification	The Return ● Reward ● Atonement
Stages of Change Model	From PRECONTEMPLATION (Not ready to change) to CONTEMPLATION (Thinking of changing. Getting ready.)	PREPARATION (Ready to change)	ACTION (Making change)	MAINTENANCE (Staying on track)
Dr. Caprice Hollins (2015)	(1) Awareness: deepen understanding of one's	(2) Knowledge: develop an understanding of	(3) Skills: learn strategies for engaging across cultures	(4) Action/Advocacy: institutionalize change within one's own organization(s)

	own bias, values, beliefs, attitudes towards others	racially/ethnically diverse cultures		
CBT: Three Pillars	Identification Catch It	Recognition Check It	Management Change It	
Design Thinking using the Double Diamond framework, one that was popularized by the British Design Council in 2004	Discover	Define	Develop	Deliver
International Institute for Restorative Practices (IIRP), the four key steps of restorative practice	Check-In	Storytelling	Impact Sharing	Agreement/Plan



3. Dr. Bessel van der Kolk: Four Core Components of Trauma Healing

In *The Body Keeps the Score*, Dr. Bessel van der Kolk outlines four essential approaches to healing trauma, based on decades of research:

1. **Restoring a Sense of Safety (Regulation)** – Creating safe environments and helping the nervous system feel safe and calm.

2. **Processing Trauma Memories (Narrative & Reflection)** – Using therapeutic approaches like EMDR, talk therapy, or mindfulness to process and reframe traumatic memories.
3. **Reconnecting with the Body (Somatic Healing)** – Healing the disconnection between body and mind caused by trauma, often through yoga, somatic experiencing, or breathwork.
4. **Restoring Relationships (Connection & Attachment)** – Building healthy, secure relationships that help reinforce a sense of trust and belonging.

Relevance to Humanize Me: These four core areas directly support healing in personal, relational, and systemic ways, which is essential to your healing-centered framework.

Dr. Peter Levine: The Four Steps in Somatic Experiencing (Trauma Recovery Process)

Peter Levine, creator of *Somatic Experiencing (SE)*, focuses on healing trauma through the body by releasing stored trauma in the nervous system. His trauma healing process can be seen in the following steps:

1. **Awareness (Tuning into Sensations)** – Developing somatic awareness of where trauma is stored in the body.
2. **Pendulation (Expansion and Contraction)** – Moving between moments of activation (trauma memories) and safety to prevent overwhelm.
3. **Discharge (Releasing Energy)** – Allowing the body to release stored trauma through shaking, trembling, crying, or other physical releases.
4. **Integration (Returning to Safety)** – After the energy is discharged, the body naturally returns to a regulated, calmer state.

Relevance to Humanize Me: This model is practical for understanding somatic healing and how the body plays a role in trauma recovery, aligning with healing-centered practices.

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2. Peter Levine: Four Steps to Trauma Healing (Somatic Experiencing)

Peter Levine's **Somatic Experiencing** method is a body-based approach to healing trauma, and his work can be outlined in four key steps:

- **Resourcing** – Establishing a sense of safety and stability within the body.
- **Tracking** – Observing sensations and emotions in the body without judgment.
- **Pendulation** – Moving gently between states of activation (distress) and regulation (calm).
- **Release and Integration** – Letting go of trapped energy and integrating the experience into a sense of empowerment.

Gabor Maté: Four Foundations of Healing (Implied Model)

While Gabor Maté doesn't explicitly use a four-part model, his work focuses on trauma, attachment, and healing, and these can be framed into a four-part approach:

- 🔹 **Awareness of Trauma** – Recognizing how early experiences shape our emotional, physical, and mental health.
- 🔹 **Compassionate Inquiry** – Gently exploring your inner world to uncover unconscious beliefs and patterns.
- 🔹 **Connection and Attachment** – Rebuilding healthy relationships and a sense of belonging.
- 🔹 **Integration of Self** – Aligning mind, body, and spirit to live authentically and with purpose.

How It Relates to Humanize Me: Maté's emphasis on compassionate awareness and connection aligns with a healing-centered framework's focus on dignity and wholeness.

Dr. Elizabeth Stanley, author of *Widen the Window*, presents a **four-part model** within her **Mindfulness-Based Mind Fitness Training (MMFT)** framework. This model focuses on building **resilience, stress recovery, and trauma healing** by integrating neuroscience, mindfulness, and self-regulation techniques.

Elizabeth Stanley's Four-Part Model for Healing & Resilience

Her approach centers around these **four key components**:

1️⃣ Awareness (Interoception & Mindfulness)

- Learning to **tune into the body's signals** and stress responses.
- Recognizing **early signs of dysregulation** before they escalate.
- Increasing **self-awareness** to build a greater **"window of tolerance"** for stress.

2️⃣ Self-Regulation (Nervous System Training)

- Actively practicing **breathwork, grounding techniques, and mindfulness** to regulate stress.
- Moving from **reactivity (fight, flight, freeze)** to **resilience**.
- Using tools like **MMFT** to expand one's capacity to handle stress without being overwhelmed.

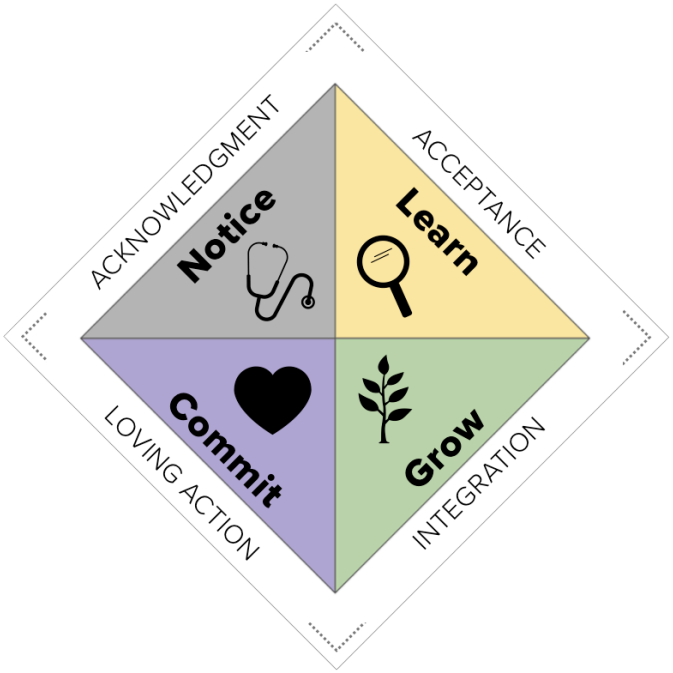
3️⃣ Processing Trauma (Reframing & Emotional Integration)

- Healing unresolved trauma by **processing stored emotions** in a **safe** and **gradual** way.
- Shifting **cognitive and emotional patterns** that keep us stuck in survival mode.
- Using techniques like **compassion-based mindfulness** and **trauma-informed resilience practices**.

4️⃣ Reconnection (Relationships & Collective Healing)

- Recognizing that healing happens **in community**, not just alone.
- Strengthening **relationships, trust, and social support** for resilience.
- Applying healing-centered practices **at work, in families, and in leadership** to transform systems.

Humanize Me: A Healing-Centered Framework



Reflective Inquiry

1) Choose a topic:

[List of topics]

2) Notice • Acknowledge:

- What do you notice about your thoughts, emotions, and physical sensations when choosing the topic? Pause. Breathe. Notice.
- What seems important to acknowledge as you consider this topic?
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3) Accept • Learn

- What have you been taught about the topic? What were the models for dealing with the topic?
- What truths am I ready to confront about this topic?

4) Integrate • Grow

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NOTICE • ACKNOWLEDGE

Individual

1. What emotions am I feeling right now, and where do I feel them in my body?
2. What patterns do I notice in my thoughts or behaviors?
3. How do I typically respond to situations of discomfort or challenge?
4. What are my core values, and how do they guide my actions?
5. What biases or assumptions might I be holding onto?
6. How do I practice self-reflection in my daily life?
7. What truths about myself have I been avoiding?
8. How does fear influence my decisions?
9. What physiological sensations do I notice when I feel stressed?
10. How can I create a safe space for my personal growth?

Relationship

1. How do I typically respond to conflict in relationships?
2. What patterns do I notice in how I communicate with others?
3. How do I show up for the people I care about?
4. What emotions arise when I think about my closest relationships?
5. How do I acknowledge and validate others' experiences?
6. What truths am I avoiding in my relationships?
7. How do I notice and respond to the needs of others?
8. What biases might be influencing my interactions with loved ones?
9. How can I create a safe and honest space in my relationships?
10. What behaviors strengthen trust in my relationships?

Community

1. What role do I play in my community?
2. What patterns do I notice in my interactions with community members?
3. How do I contribute to creating a safe space in my community?
4. What biases might I hold about my community?
5. How do I observe and acknowledge the needs of my community?
6. What truths about my community am I avoiding?
7. How do I engage with my community during times of challenge?
8. What cultural or shared values exist within my community?

9. How do I handle differences within my community?
10. What efforts do I make to build trust within my community?

Society

1. What patterns do I notice in societal behavior or norms?
2. How do societal values align or conflict with my own?
3. What biases do I hold about societal structures?
4. How do I notice and respond to systemic inequities in society?
5. What role does truth-telling play in addressing societal challenges?
6. How do I observe and engage with societal change?
7. What are my responsibilities as a member of society?
8. How do I acknowledge privilege and power dynamics in society?
9. What truths about society am I avoiding?
10. How does fear influence societal behaviors and decisions?

ACCEPT • LEARN

Individual

1. What past experiences have shaped my current beliefs and values?
2. How do I seek wisdom in my daily life?
3. What truths about myself am I ready to confront?
4. How do I evaluate and learn from my mistakes?
5. What practices help me listen to my inner voice?
6. How do I approach learning from challenging experiences?
7. What research or inquiry could deepen my self-understanding?
8. How do I make sense of and integrate painful memories?
9. What role does historical context play in my personal identity?
10. How do I evaluate the evidence for my own assumptions and beliefs?

Relationship

1. How can I better listen to and witness the experiences of those close to me?
2. What patterns in my relationships might need deeper examination?
3. How do I approach conflict with curiosity rather than defensiveness?

4. What have I learned from past relationships that I can apply to current ones?
5. How do I recognize and appreciate the wisdom others bring to our interactions?
6. What truths am I ready to confront about my role in relationships?
7. How can I create a space for honesty and mutual understanding?
8. What allies do I have in building healthier relationships?
9. How can I use historical or cultural context to better understand others?
10. What steps can I take to prepare for more meaningful connections?

Community

1. What lessons can I learn from the history of my community?
2. How can I listen more actively to the voices within my community?
3. What shared challenges could unite us as a community?
4. How do I evaluate the needs and priorities of my community?
5. What role can I play in fostering mutual understanding within my community?
6. How can I investigate and address systemic issues affecting my community?
7. What allies can I collaborate with to strengthen the community?
8. How does my community's history influence its present dynamics?
9. What wisdom can I contribute to collective efforts for growth?
10. How can I confront uncomfortable truths about inequities in my community?

Society

1. How can I better understand systemic issues in society?
2. What role does historical context play in shaping societal norms?
3. How can I analyze the impact of social structures on marginalized groups?
4. What truths about societal inequities am I ready to confront?
5. How do I evaluate evidence for societal change or policy shifts?
6. What role do allies and advocates play in societal transformation?
7. How can I seek out diverse perspectives to deepen my understanding of society?
8. What wisdom can be gained from confronting past injustices?
9. How can I prepare myself to take meaningful action in society?
10. What is my role in reconstructing and transforming societal memory?

Individual

1. What habits or patterns no longer serve me, and how can I let them go?
2. How can I integrate what I've learned into my daily life?
3. What new skills or practices am I ready to commit to?
4. How do I reconcile past experiences with my current sense of self?
5. In what ways can I actively foster personal transformation?
6. How can I enhance the meaning I find in my daily activities?
7. What steps can I take to increase my capacity for healing and repair?
8. How do I practice self-compassion as I grow and change?
9. What does renewal or redemption look like for me personally?
10. How can I adapt to life's challenges while staying true to myself?

Relationship

1. What changes are necessary to foster healthier relationships in my life?
2. How can I integrate compassion and understanding into my interactions?
3. What practices can I commit to that strengthen my connections with others?
4. How can I reconcile differences and conflicts in my relationships?
5. What role does vulnerability play in transforming my relationships?
6. How can I adapt to others' needs while maintaining my boundaries?
7. What strategies can I use to repair and heal relationships that matter to me?
8. How can I support others in their growth and transformation?
9. What does unity or harmony mean in the context of my relationships?
10. How do I practice forgiveness and compassion in my closest bonds?

Community

1. What role do I play in transforming my community for the better?
2. How can I integrate practices of equity and inclusion into community activities?
3. What skills can I contribute to fostering healing and repair within my community?
4. How can I help shed old, unhelpful practices that hold my community back?
5. What commitments can I make to help my community grow and thrive?

6. How do I reconcile tensions or divisions within my community?
7. What strategies can I use to enhance collaboration and unity?
8. How do I contribute to a culture of renewal and redemption in my community?
9. What does humanizing others in my community look like in practice?
10. How can I adapt my actions to align with the needs of my community?

Society

1. What steps can I take to help transform society toward greater equity and justice?
2. How can I integrate lessons of compassion and reconciliation into societal engagement?
3. What skills can I develop to better address systemic challenges?
4. How can I contribute to shedding outdated societal norms or systems?
5. What commitments can I make to support meaningful societal change?
6. How do I reconcile societal history with my vision for the future?
7. What does transformation on a societal level look like to me?
8. How can I encourage unity and healing across diverse groups in society?
9. What role does renewal or redemption play in systemic change?
10. How can I adapt my actions to contribute to a more humanized society?

LOVING ACTION • COMMITMENT

Individual

1. What motivates me to take action in alignment with my values?
2. How can I ensure my daily actions reflect my purpose?
3. What steps can I take to maintain positive habits and behaviors?
4. How do I define a "positive identity," and how does it influence my actions?
5. What role does willpower play in achieving my goals?
6. How do I remain committed to personal growth during challenging times?
7. What actions can I take today to live out my values more fully?
8. How can I balance ambition with self-care?
9. What rewards have I experienced from staying true to my commitments?
10. How can I celebrate and maintain the progress I’ve made?

Relationship

1. How can I show commitment to strengthening my relationships?
2. What actions can I take to support the well-being of those I care about?
3. How do I maintain trust and respect in my relationships over time?
4. What motivates me to repair and nurture my relationships?
5. How can I align my relational actions with my values?
6. What small acts of kindness or love can I commit to regularly?
7. How do I stay motivated to engage meaningfully in my relationships?
8. What does atonement look like in the context of my relationships?
9. How can I reward and celebrate healthy dynamics in my relationships?
10. How do I ensure my commitments to others are sustainable?

Community

1. What actions can I take to contribute positively to my community?
2. How can I sustain my motivation to engage in community initiatives?
3. What strategies can I use to ensure my contributions align with community values?
4. How do I advocate for change while maintaining trust within my community?
5. What role does collective purpose play in driving community action?
6. How do I balance individual and collective interests in community work?
7. What systems or structures can I help create to institutionalize positive change?
8. How can I measure the impact of my actions on my community?
9. How do I celebrate and sustain progress made within my community?
10. What commitments can I make to ensure the longevity of community growth?

Society

1. How can I take meaningful action to address systemic issues in society?
2. What motivates me to advocate for societal change?
3. How can I align my professional or personal actions with my values?
4. What strategies can I use to institutionalize change within organizations or systems?
5. How do I sustain my commitment to societal advocacy over time?
6. What role does purpose play in my engagement with societal challenges?
7. How can I use my voice to inspire collective action?
8. What systems or policies can I help create to promote equity and justice?

9. How do I celebrate and acknowledge societal progress while pushing for more?
10. What practices can I adopt to ensure my advocacy remains sustainable and impactful?

Individual

Step 1: Notice & Acknowledge

1. What emotions am I currently experiencing, and where do I feel them in my body?
2. What patterns do I notice in my thoughts, behaviors, or relationships?
3. How do I typically respond to challenges or discomfort in my life?
4. What truths about myself am I hesitant to confront?
5. How do I create space for honest self-reflection in my daily life?

Step 2: Accept & Learn

6. What lessons can I learn from past experiences that continue to shape me?
7. How do I seek understanding about my biases and assumptions?
8. In what ways can I listen to and witness my own inner voice with compassion?
9. How do I contextualize my personal challenges within broader historical or societal contexts?
10. What strategies or tools can I use to confront and accept uncomfortable truths about myself?

Step 3: Integrate & Grow

11. How can I integrate what I've learned about myself into my daily habits and routines?
12. What old patterns or beliefs am I ready to shed in order to grow?
13. How do I practice new skills or behaviors that align with my values?
14. What does personal transformation look and feel like for me?
15. How can I actively work toward healing and renewal in my life?

Step 4: Loving Action & Commitment

16. What specific actions can I take to live out my values and purpose?
17. How do I maintain motivation and commitment to positive change?
18. What practices help me stay on track with my personal growth?
19. How can I embody courage and resilience in my actions?
20. What steps can I take to celebrate and sustain the progress I've made?

Relationship

Step 1: Notice & Acknowledge

1. **What emotions arise when I reflect on my closest relationships?**
2. **What patterns do I notice in how I interact with others?**
3. **How do I typically respond to conflict or challenges in relationships?**
4. **What truths about my relationships am I hesitant to confront?**
5. **How do I create space for honest communication and self-reflection with others?**

Step 2: Accept & Learn

6. **What lessons can I learn from past relationship experiences?**
7. **How do I seek understanding about others' perspectives and needs?**
8. **In what ways can I better listen to and witness the emotions of those I care about?**
9. **How do I acknowledge and accept my role in relationship dynamics?**
10. **What strategies or tools can I use to navigate and address conflicts compassionately?**

Step 3: Integrate & Grow

11. **How can I integrate healthier communication practices into my relationships?**
12. **What old habits or patterns in relationships am I ready to let go of?**
13. **How do I actively work to build trust and understanding with others?**
14. **What does growth and transformation look like within my relationships?**
15. **How can I contribute to healing and renewal in my closest connections?**

Step 4: Loving Action & Commitment

16. **What specific actions can I take to show love and commitment to those I care about?**
17. **How do I maintain motivation to nurture and sustain my relationships?**
18. **What practices help me remain present and engaged with others?**
19. **How can I embody courage and vulnerability in my relationships?**
20. **What steps can I take to celebrate and reinforce positive dynamics in my relationships?**

Community

Step 1: Notice & Acknowledge

1. What role do I currently play in my community?
2. What patterns do I notice in how my community interacts or functions?
3. How does my presence and participation impact others in the community?
4. What truths about my community am I hesitant to acknowledge?
5. How do I observe and reflect on the needs and challenges of my community?

Step 2: Accept & Learn

6. What lessons can I learn from my community's history or shared experiences?
7. How do I seek understanding about the perspectives of diverse community members?
8. In what ways can I listen to and witness the struggles and successes of my community?
9. How do I contextualize my community's challenges within larger societal systems?
10. What strategies can I use to address and accept inequities within my community?

Step 3: Integrate & Grow

11. How can I integrate practices of equity and inclusion into community activities?
12. What old practices or norms in the community am I ready to help change?
13. How can I contribute to building stronger trust and collaboration in my community?
14. What does transformation and growth look like for my community?
15. How can I support healing and renewal within my community?

Step 4: Loving Action & Commitment

16. What specific actions can I take to contribute positively to my community?
17. How do I sustain my motivation to engage in meaningful community work?
18. What practices help me stay committed to community goals and values?
19. How can I encourage and model courage and compassion within my community?
20. What steps can I take to celebrate and sustain progress and unity in my community?

Society

Step 1: Notice & Acknowledge

1. What patterns do I notice in societal norms or behaviors?
2. How do societal structures and systems affect my life and the lives of others?
3. What truths about society am I hesitant to acknowledge?
4. How do I recognize and observe systemic inequities in society?
5. What role do I play, consciously or unconsciously, in maintaining societal norms?

Step 2: Accept & Learn

6. What lessons can I learn from studying societal history and context?
7. How can I deepen my understanding of diverse perspectives within society?
8. In what ways can I listen to and witness the experiences of marginalized groups?
9. How do I contextualize societal challenges within historical and systemic frameworks?
10. What strategies can I use to confront and accept uncomfortable truths about societal inequities?

Step 3: Integrate & Grow

11. How can I integrate values of equity and justice into my societal engagement?
12. What societal norms or beliefs am I ready to help change or let go of?
13. How can I actively contribute to societal transformation and growth?
14. What does healing and reconciliation look like on a societal level?
15. How do I align my personal actions with the broader needs of society?

Step 4: Loving Action & Commitment

16. What specific actions can I take to advocate for systemic change?
17. How do I sustain my motivation and commitment to societal justice and equity?
18. What practices help me remain engaged in societal advocacy over time?
19. How can I model courage and compassion in my interactions with societal systems?
20. What steps can I take to celebrate and amplify progress toward societal equity and inclusion?

A

- ACES (Adverse Childhood Experiences)
- Addiction
- Adultery/Cheating/Infidelity
- Anxiety
- Apologizing and Coping with Shame
- Asking Permission (Consent)
- Attachment and Need for Relationships

B

- Body Image
- Brotherhood

C

- Competence and Self-Image
- Condoms
- Coping Skills
- Courageous Humility & Unlearning Entitlement
- Crying
- Culture of Domination

D

- Dating
- Death
- Depression
- Developing the Emotional Lives of Boys and Men
- Dignity
- Discipline
- Divorce

E

- Empathy and Gratitude

F

- Family Incarceration & State Violence

- Fatherhood
- Fathers
- Feminism

G

- Gender
- Grief
- Gun/Community Violence and Threat

H

- Healing
- Healing: Isolation vs Connection
- Historicizing Sexism, Radical Feminism & Allyship
- How to Talk About & Honor Race, Difference, Diversity

I

- Incarceration
- Intimacy & Consent

L

- LGBTQ2+
- Liberation Through Critical Interrogation of Patriarchy & Homophobia
- Loss/Losing
- Love
- Lying

M

- Marriage
- Masculinity
- Men’s Capacity for Safety & Healing vs Men’s Capacity for Violence
- Mental Health
- Money
- Mothers

P

- Pathways: Reconciliation, Redemption, Reclamation, Recovery, Renewal, Repair, Restore
- Pornography
- Pornography Reduces Intimacy

R

- Rage
- Rape
- Redemption
- Rejection
- Resilience
- Rules for Boys/Toxic Masculinity
- Rules for Girls/Misogyny, Body Image
- Rules for Nonbinary/LGBTQ

S

- Sadness, Loss, Grief
- School
- School-to-Prison Pipeline
- Sex
- Sexual Terror
- Shame
- Siblings
- Sisters
- Stages of Change
- Subjects Vince Teaches on Directly

T

- Talking About Grief
- The Importance of Father Love
- Therapy
- Trauma
- Trauma-Informed Living

V

- Violence

W

- Women

Conscious Living

Five Required Lessons of the Journey

The First Lesson of Conscious Living: Feel all your feelings deeply.
The Second Lesson of Conscious Living: Seek your true self.
The Third Lesson of Conscious Living: Let go of the uncontrollable.
The Fourth Lesson of Conscious Living: We are all made of the same thing.
The Fifth Lesson of Conscious Living: Life is fullest when we're most true to ourselves.

The Inner Shifts and Outer Moves That Create a Conscious Life

The First Key Move: Facing
The Second Key Move: Accepting
The Third Key Move: Choosing and Committing
The Fourth Key Move: Taking Action

The Essence Shift: The Choice About Where We Place Our Attention
An Experiment to Try Right Now

The Truth Shift: The Choice to Reveal Your Authentic Self

The Purpose Shift: Knowing Your Intention

The Integrity Shift: Freedom Through Healthy Responsibility

The Action Shift: The Choice to Act or Let Be

The Us Shift: From Ego Centeredness to Connection

The Ultimate Shift: From Anything to Love

Hendricks, Gay . Conscious Living (p. 117). HarperCollins. Kindle Edition.

Notice
• Self-Reflection
• Observation

• Awareness
• Emotion recognition
• Physiological sensation
• Patterns
• Courage

Analyze
• Beautiful Knowledge
• Listening & Witnessing
• Inquiry, Research, Investigation
• Evaluating evidence
• Confronting
• Wisdom
• Historicizing

Practice
• Transformation
• Skills integration
• Enhanced meaning
• Capacity for repair/healing
• Renewal and Redemption
• Adaptation
• Humanizing
Transform

Willingness and
Motivation
• Volition
• Application
• Behavioral activation
• Living values
• Purpose
• Positive Identity
Positive Action

Love Kids	Lead with you Big WHY			

Dr. Mollie Monahan	Own who you are Voice. Find yours. Use it. Expect Failure. Do it, anyway. Kaleidoscope your world Incorporate Reflection Demonstrate Humility Sustain Change			
Head, Heart, Hands	Head: What do you know, how do you know it? Heart: How do you feel about it? Hands: What can you do?			