

A big part of healing is talking through our stories.

It's helpful to healing when we can be vulnerable with safe people about our experiences, especially if those experiences bring some shame.

It's also important to know that not everyone deserves to hear our stories or is capable of really listening.

Give yourself permission to be private in other interactions.

Brainstorm who your safe listeners are.

### **NOW**

**What is different?**

**What resources do you have?**

**Who are safe listeners?**

Then...

My Memory:

Why...

Why was this the best option? What resources were available?

*Colossians 3:13: Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*