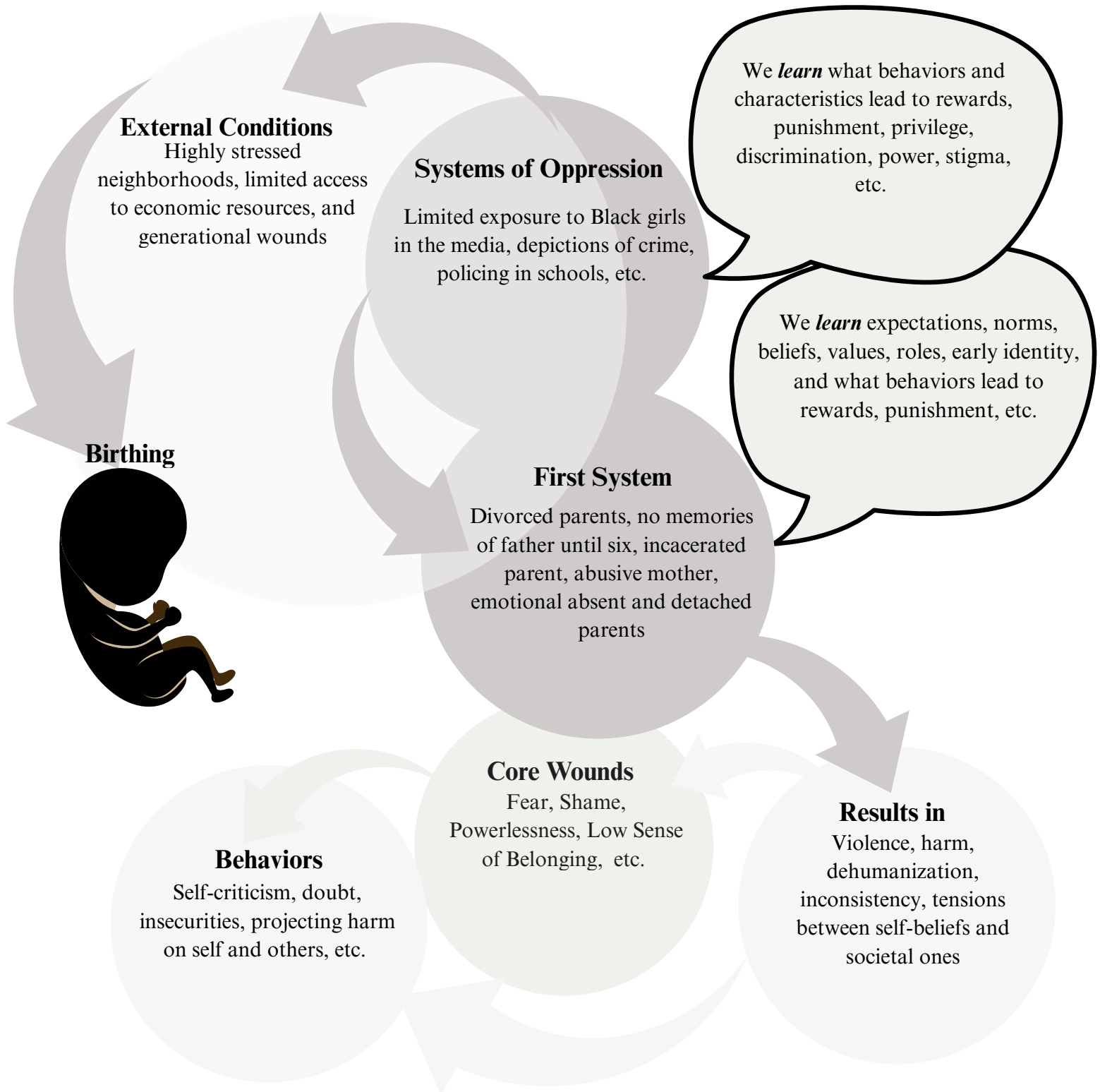
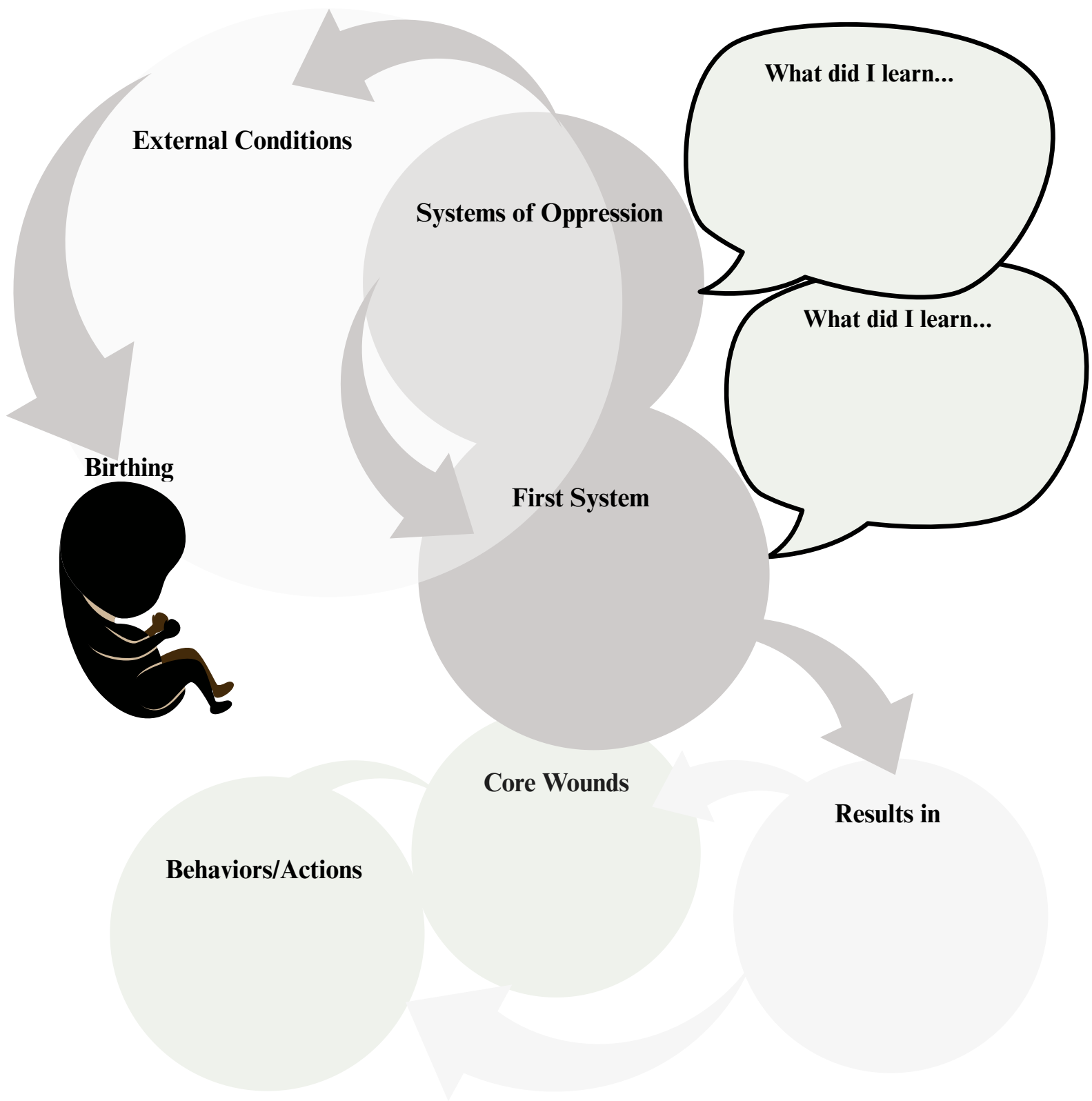


EXAMPLE: A RELATIONSHIP OF WOUNDING



YOUR RELATIONSHIP OF WOUNDING



REFLECTION POINTS

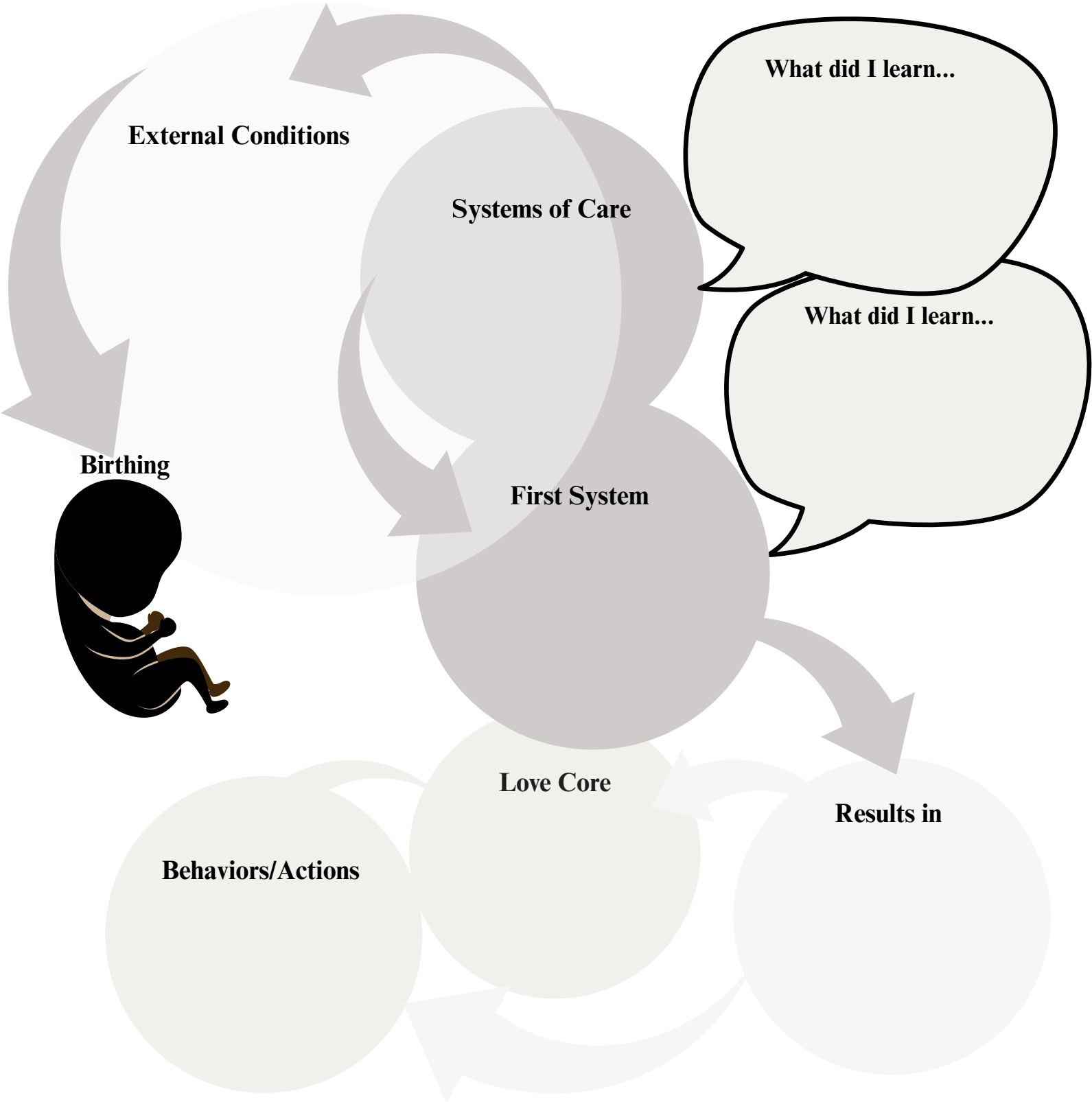
Take a minute or two and **ASK YOURSELF**: How have systems of oppression impacted your first system and socialized you about expectations, rewards vs. punishment, and status?

Take a minute or two and **ASK YOURSELF**: What were some external conditions you saw around you as a child that may have been harmful, stressful, or granted you limited access to resources?

Take a minute or two and **ASK YOURSELF**: What did you notice or have you witnessed in yourself that resulted from the socialization you received from your first system and systems of oppression?

Take a minute or two and **ASK YOURSELF**: What is a core wound or behavior you notice in yourself that may be linked to systems of oppression?

RELATIONSHIP OF HEALING



REFLECTION POINTS

Take a minute or two and **ASK YOURSELF**: How have or can systems of care impact your first system and socialize you about different ways to see our relationships?

Take a minute or two and **ASK YOURSELF**: What were some external conditions you saw or would have wanted to see that were loving, caring, and healing?

Take a minute or two and **ASK YOURSELF**: What did you notice or would have wanted to witness in yourself that results from the socialization across these systems of care?

Take a minute or two and **ASK YOURSELF**: What is a love core and behavior you would notice in yourself linked to systems of care?