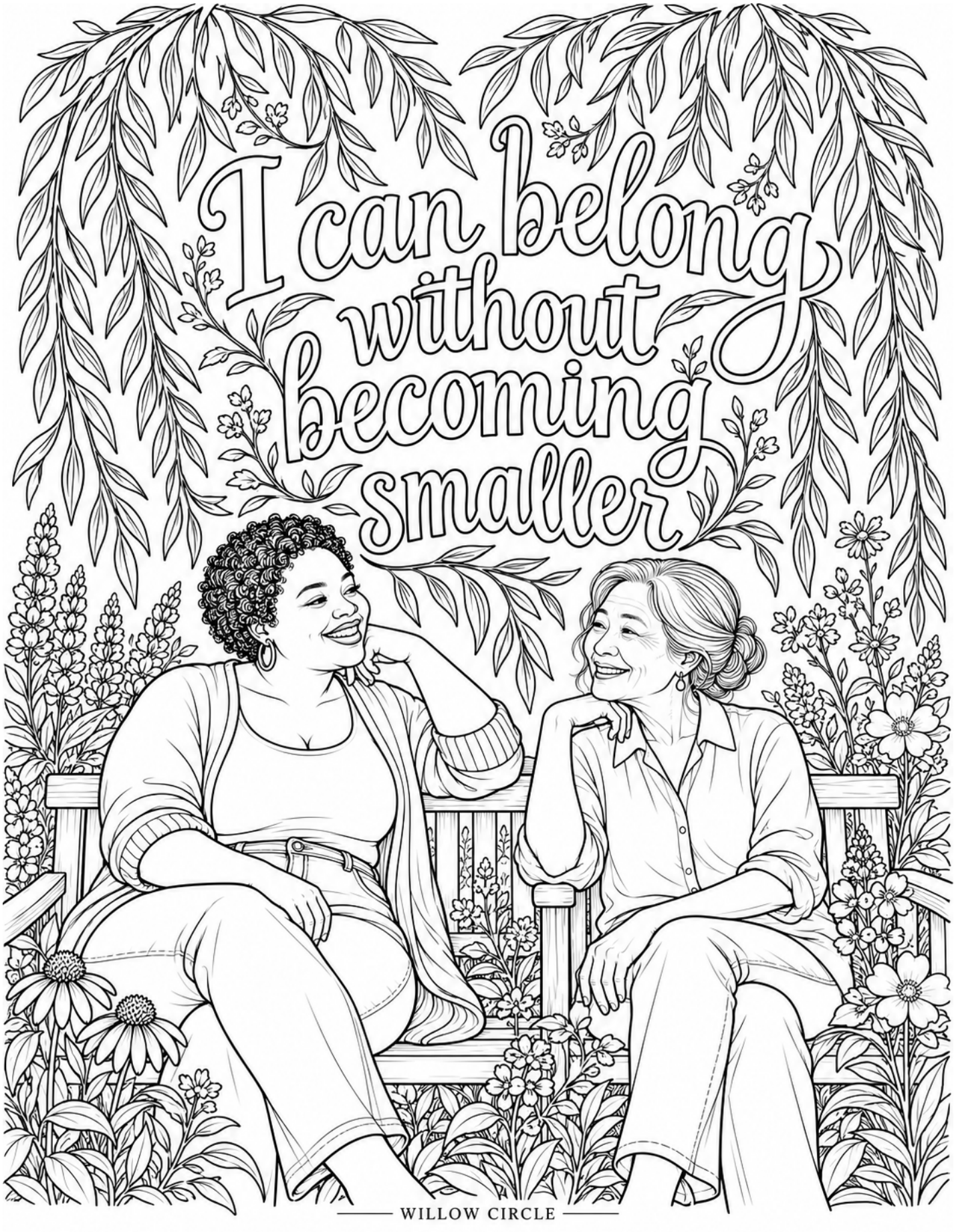
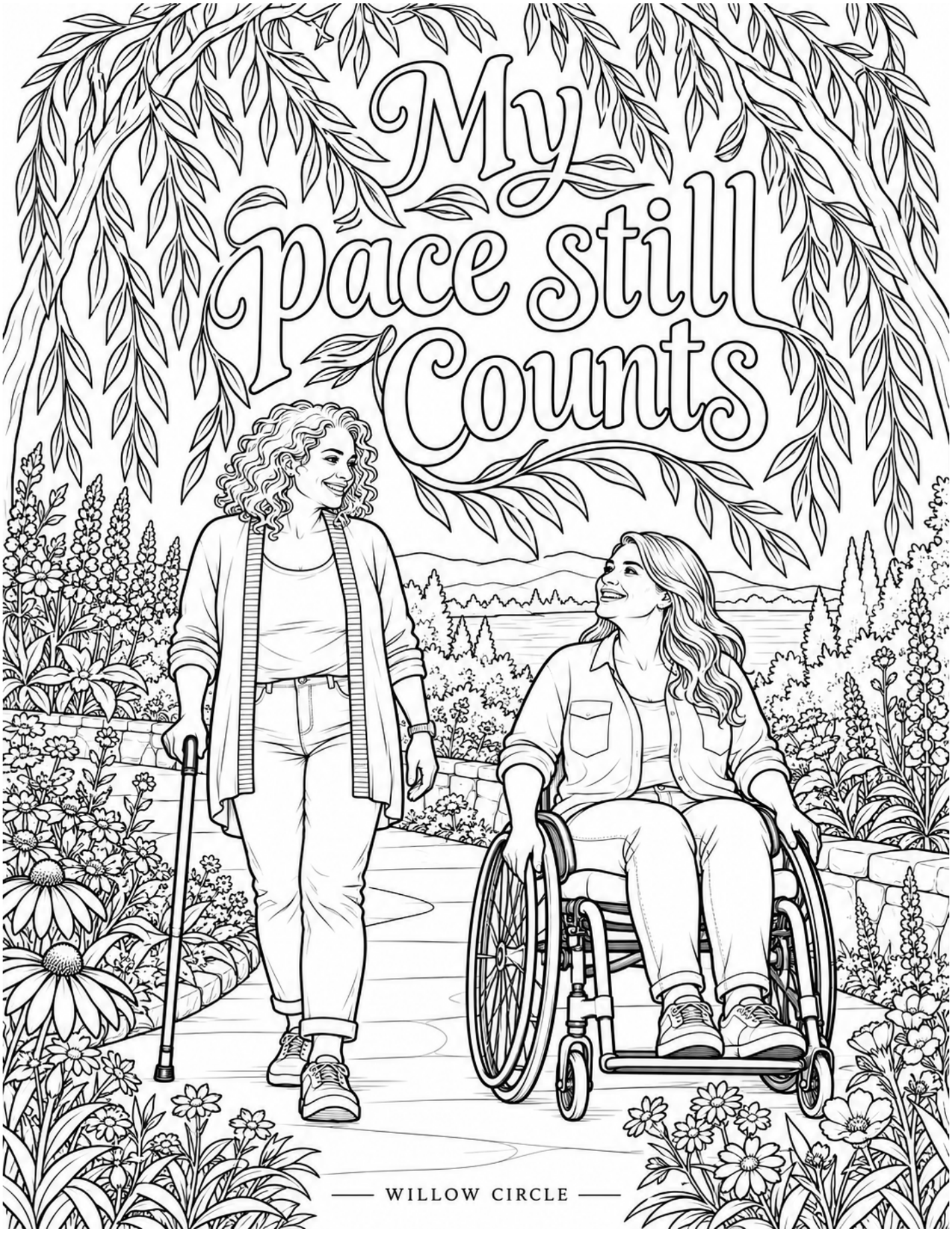
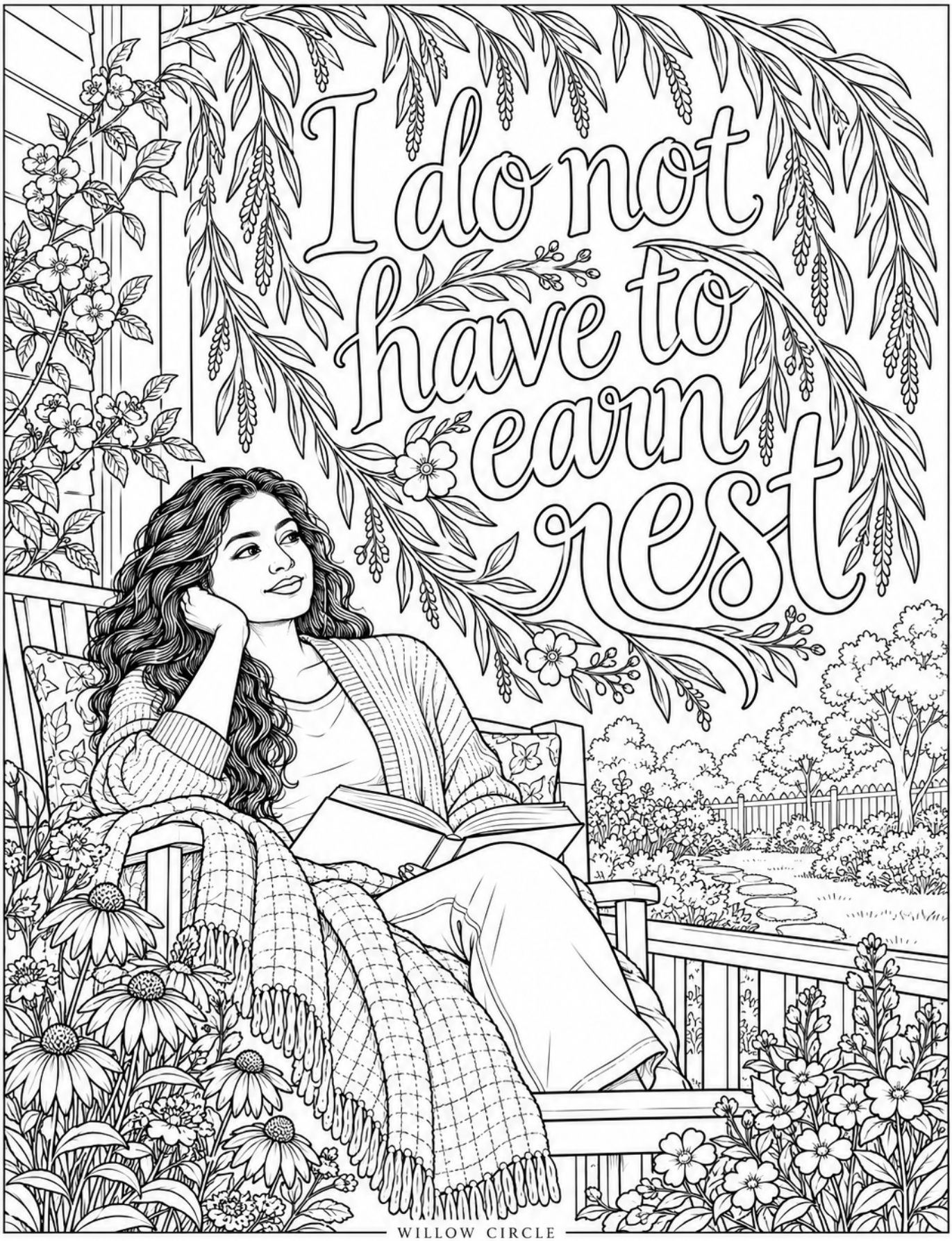
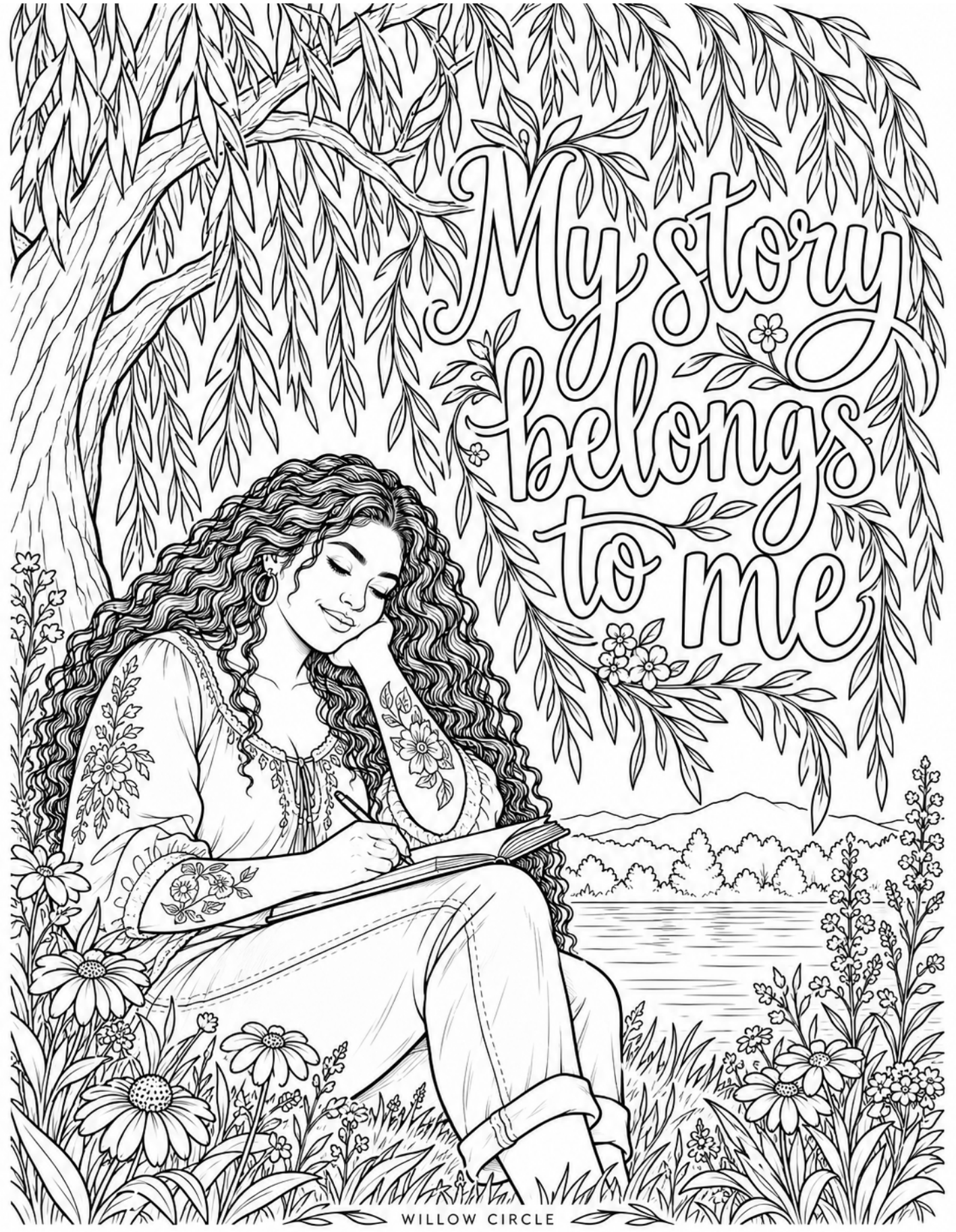

There is a place for me here
WILLOW CIRCLE

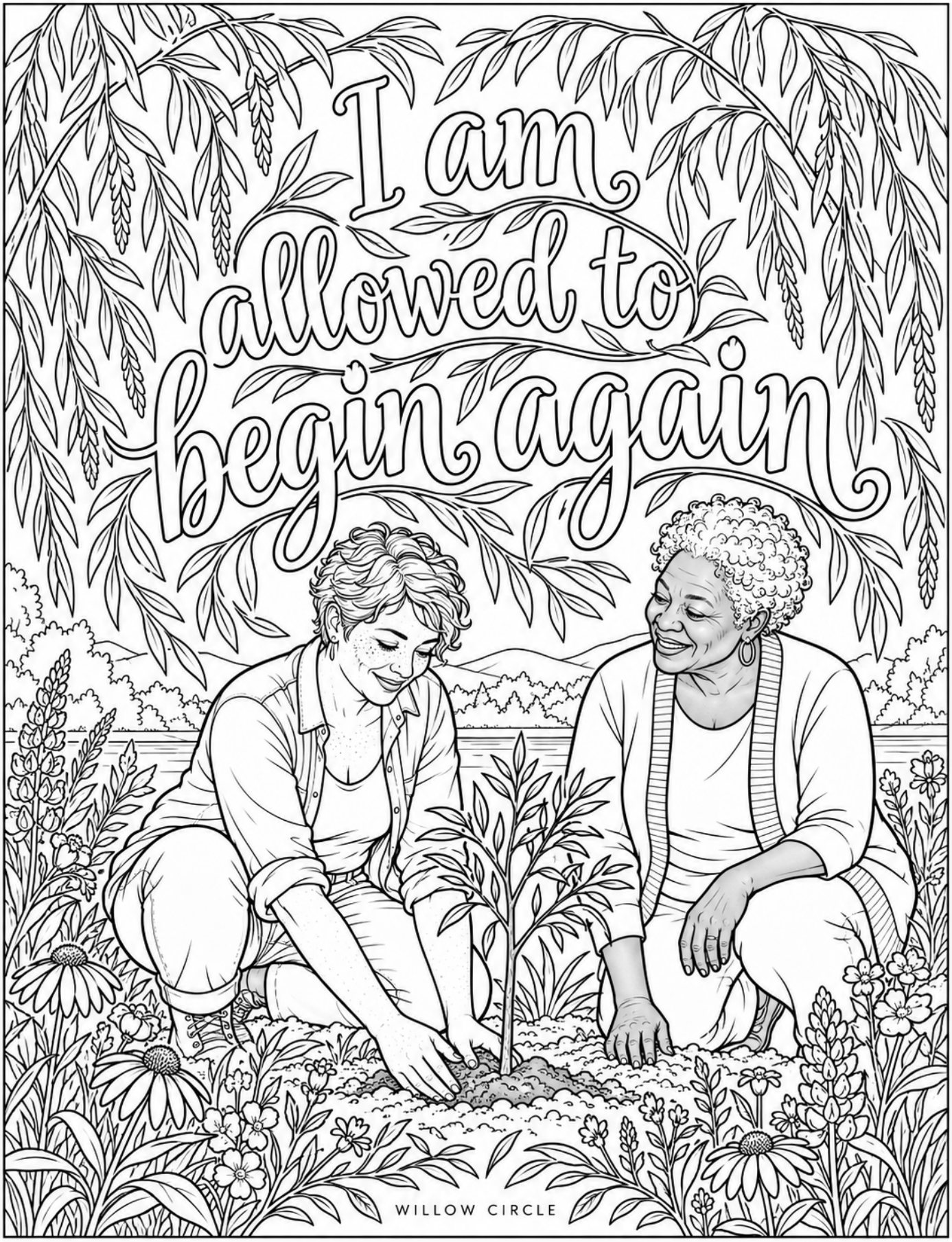

I can belong without becoming smaller
WILLOW CIRCLE

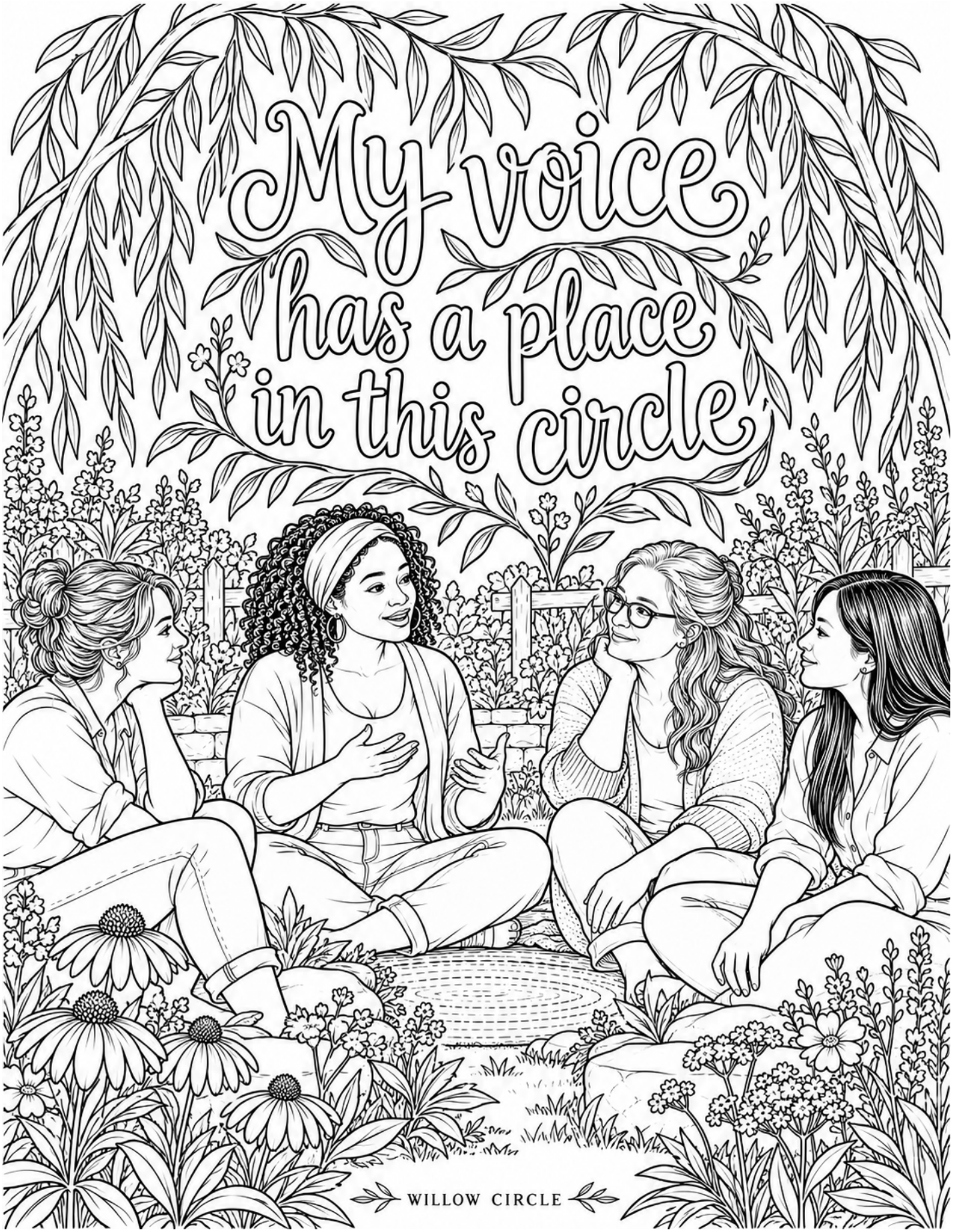

My pace still counts
WILLOW CIRCLE


I do not have to earn rest
WILLOW CIRCLE


My story belongs to me
WILLOW CIRCLE

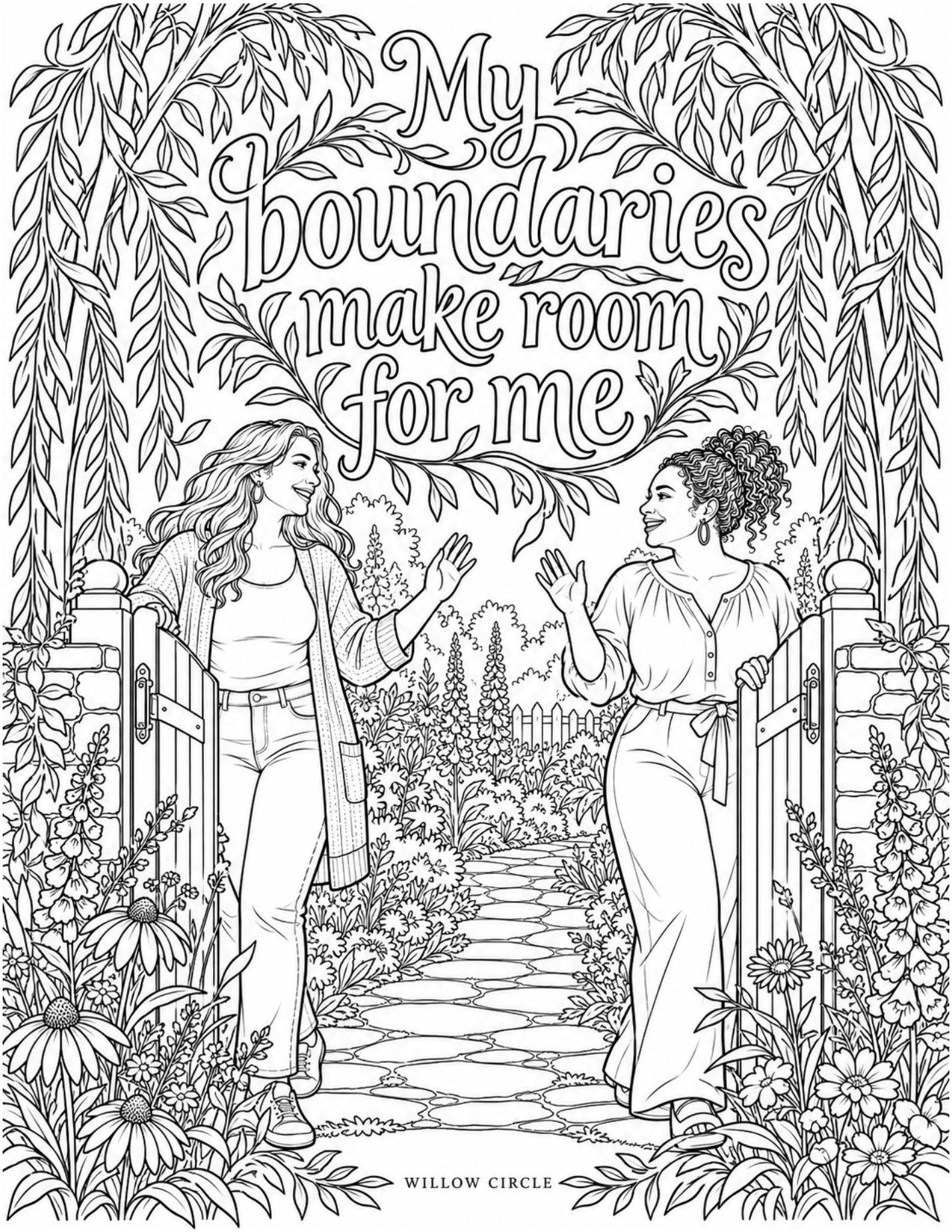

We can grow
differently
and still grow
together
WILLOW CIRCLE


I am
allowed to
begin again
WILLOW CIRCLE


My voice
has a place
in this circle
WILLOW CIRCLE


I can ask for what I need
WILLOW CIRCLE


I can be
gentle
with
myself
today
WILLOW CIRCLE


My boundaries make room for me
WILLOW CIRCLE


I am more
than what
happened
to me
WILLOW CIRCLE

What can healing mean?

HEALING

Healing can mean rebuilding wellbeing, choice, and connection after hurt. It can include support, rest, boundaries, and meaningful moments.

Healing does not require forgetting, forgiving, or feeling good every day.

Today, healing might look like...

_____

_____

_____

Recovery has many paths

RECOVERY

Recovery is a personal process of building wellbeing and a life guided by your own goals. Different people need different kinds of support.

Your culture, community, needs, and choices belong in your recovery.

A support or practice that fits me...

_____

_____

_____

What can I control?

Choices available to me

What I choose to share

A boundary I communicate

One next step

Whether I ask for support

My choices can be limited by circumstances. Automatic thoughts, feelings, and body reactions are not failures.

One choice available to me today...

_____

What can I influence?

I can contribute

A conversation

A shared plan

A request for access

Care for my surroundings

My effort can matter without guaranteeing an outcome.
Other people still make their own choices.

Something I can contribute to...

_____

What is outside my control?

Not mine to control

The past

Another person's choices

Other people's opinions

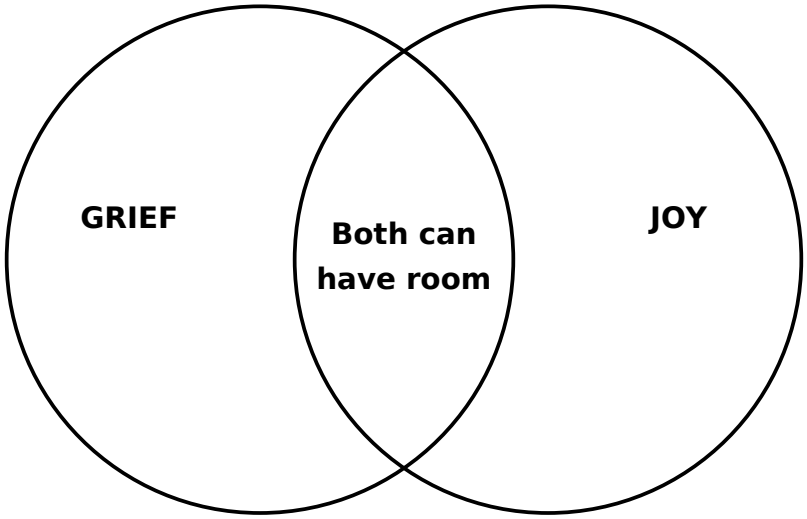
Every outcome

I can care about something without being responsible for controlling it.

Where could I offer myself less pressure?

_____

More than one feeling



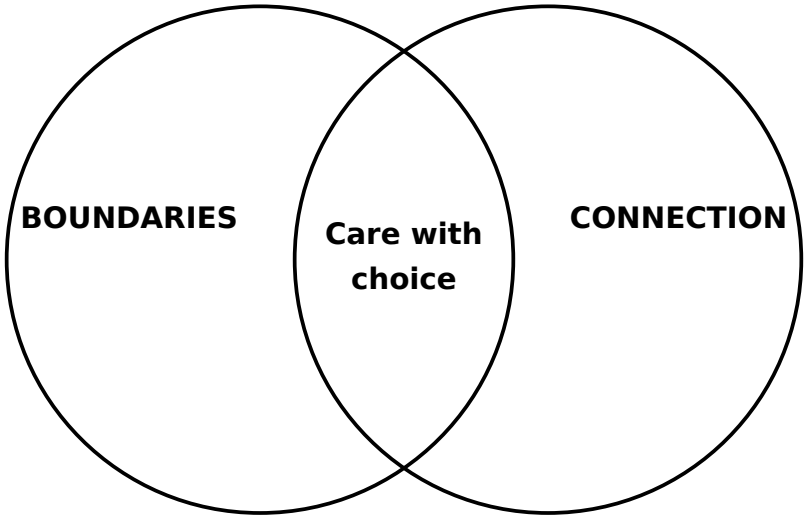
Grief and joy can exist together. Feeling one does not erase the other.

There is no feeling you have to produce.

What is here for me today?

_____

Boundaries and connection



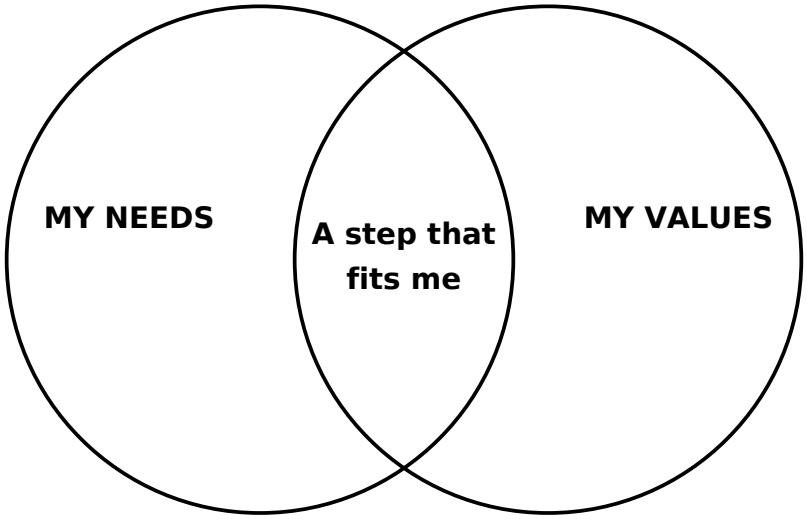
Boundaries describe what you will participate in and how you will respond. Connection can include respect for those limits.

A boundary does not require someone else's agreement to be meaningful.

A limit that could support me...

_____

Needs and values



Needs are supports and conditions that help you function and feel well. Values are qualities and directions that matter to you.

You can explore both without finding a perfect answer.

A need and a value I want to honor...

_____

Coming back to this moment

GROUNDING

Grounding means using present-moment cues to connect with where you are now. It may involve noticing a color, a sound, or the support of a chair.

You can keep your eyes open, adapt the practice, or stop if it does not help.

One thing I notice around me...

_____

_____

_____

Support for my nervous system

REGULATION

Regulation can mean finding enough steadiness to respond, connect, or recover. Support might include movement, quiet, a break, or another person's presence.

Being regulated does not mean being calm all the time.

What tends to help me feel a little steadier?

_____

_____

_____

Kindness can include me

SELF-COMPASSION

Self-compassion means meeting your own difficulty with care rather than punishment. It can include noticing pain and considering what support is needed.

You do not have to love every part of yourself to practice kindness.

Words I could offer myself today...

_____

_____

_____

Support can be shared

PEER SUPPORT

Peer support draws on lived experience, mutual respect, and shared understanding. It offers connection while honoring each person's voice and choices.

You can accept support without sharing your whole story.

What would helpful support look like for me?

_____

_____

_____

Safety is personal

Safety can include physical, emotional, and cultural needs. What helps one person may not help another.

What helps me feel respected?

What makes a space easier to use?

Who listens to my choices?

You are allowed to name what you need.

One condition that could support my sense of safety...

My voice and choice matter

CHOICE

Choice means having a meaningful say in what happens next. It can include asking questions, considering options, and deciding what you wish to share.

Your voice matters even when your options are limited.

A choice I want to have a say in...

_____

_____

_____

A hard day is not the whole story

A setback can bring information about needs, stress, or support. It does not erase what you have learned or make you less worthy of care.

What was happening around me?

What support might help now?

What is one possible next step?

Curiosity can make room for care.

Something I want to remember...

_____

Rest can take different forms

Rest may mean sleep, less pressure, a quiet pause, a change of activity, or time with someone who understands.

Rest for my body

Rest from expectations

Rest with connection

Access to rest is shaped by resources and responsibilities. Needing rest is not a personal failure.

A form of rest that feels possible today...

_____

Healing in my own words

There is room for your own meaning of healing. You do not need to compare your pace or your story with someone else's.

More of...

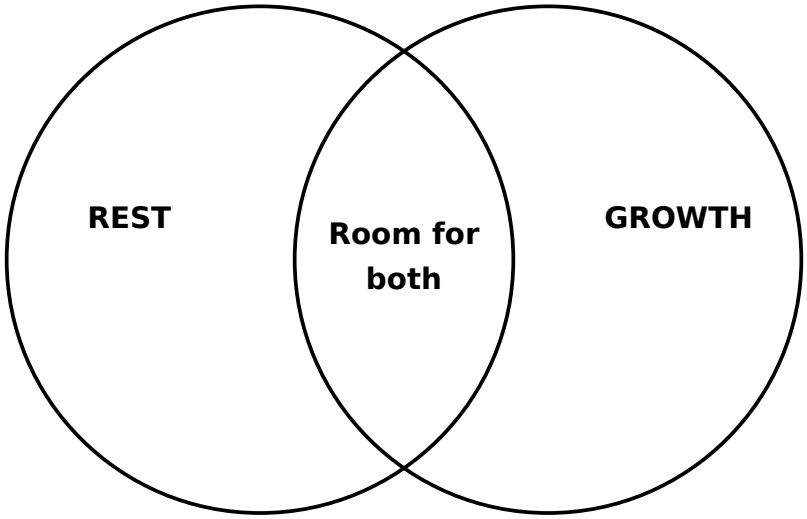
Less of...

Support from...

You may write, draw, color, or leave this page unfinished.

For me, healing can mean...

Rest and growth can coexist



Growth can include pausing, receiving support, and changing direction. Rest does not cancel progress.

You can make space for a pace that fits your life.

What could enough look like today?

_____