

RENOVI FLOW

SIX MOVEMENTS OF RELATIONAL RENEWAL

A resource from Renovi Relational Therapy (RRT) | Dr. Trevor Hislop

OVERVIEW

The Renovi Flow is a simple way to see the journey of healing and growth at a glance. Rather than rigid steps, it offers a relational rhythm: reveal what is true now, remember how we were shaped, reframe the story we have been living in, repair what has been wounded, rehearse new patterns, and renew our sense of self and connection. The aim is a shared map so the work never feels random or aimless.

THE SIX MOVEMENTS

1

REVEAL

SEEING WHAT IS TRUE

Slow down and name what is really happening - inside you and in your relationships.

4

REPAIR

RESTORING SAFETY AFTER RUPTURE

Restore safety after hurt - within yourself and with others through ownership, humility, and care.

2

REMEMBER

STORY, FAMILY, AND FORMATION

Look at the patterns and experiences that shaped how you learned to love, trust, and protect yourself.

5

REHEARSE

PRACTICING WHAT HEALS

Practice small, repeatable habits that support healthier connection and make a new way more available.

3

REFRAME

SHIFTING THE NARRATIVE

See beliefs, reactions, and emotions through a truer lens that honors your story and opens new possibilities.

6

RENEW

LIVING CONNECTED

Carry these changes into daily life, living more connected, grounded, integrated, and free.

A RELATIONAL RHYTHM, NOT A RIGID FORMULA

Real change is both sequential and cyclical. We may move forward, circle back, or spend more time in one movement than another. The aim is not to rush through the flow, but to keep walking it - gradually building deeper safety, clearer meaning, and more grounded connection.

REFLECTION

Where am I in the flow right now?

What needs to be revealed, remembered, reframed, repaired, rehearsed, or renewed?

What is my next small step?

Name one concrete practice that could move you from protection toward connection.

Renewal asks:

Not only, "How do I get back to who I was?" but, "Who am I becoming now?"