Pain Cycle - “What I know about me is...”

...when I feel...

...I cope or react...

...then others react...

Adapted from Frigaard, N. (2022). A playful approach to restoration therapy: Helping kids play their way from pain to peace. Taylor & Francis.; Hargrave, T. D., & Pfitzer, F. (2011). Restoration therapy: Understanding and guiding healing in marriage and family therapy. Routledge.; Hargrave, T. D., Zasowski, N. E., & Hammer, M. Y. (2019). Advances and techniques in restoration therapy. Routledge.; Deal, R. L., Deal, N., Hargrave, T., & Hargrave, S. (2025). The mindful marriage: Create your best relationship through understanding and managing yourself. Worthy Books.

Peace Cycle - “I need to remember...”

TRUTH

ACTION

OTHERS REACT

Adapted from Frigaard, N. (2022). A playful approach to restoration therapy: Helping kids play their way from pain to peace. Taylor & Francis.; Hargrave, T. D., & Pfitzer, F. (2011). Restoration therapy: Understanding and guiding healing in marriage and family therapy. Routledge.; Hargrave, T. D., Zasowski, N. E., & Hammer, M. Y. (2019). Advances and techniques in restoration therapy. Routledge.; Deal, R. L., Deal, N., Hargrave, T., & Hargrave, S. (2025). The mindful marriage: Create your best relationship through understanding and managing yourself. Worthy Books.

SAY OUT LOUD:

What I know about ME is...

1. ...when I feel _____...
2. ...I usually/historically _____.
3. But the truth is _____...
4. ...so I choose to _____.

Adapted from Frigaard, N. (2022). A playful approach to restoration therapy: Helping kids play their way from pain to peace. Taylor & Francis.; Hargrave, T. D., & Pfitzer, F. (2011). Restoration therapy: Understanding and guiding healing in marriage and family therapy. Routledge.; Hargrave, T. D., Zasowski, N. E., & Hammer, M. Y. (2019). Advances and techniques in restoration therapy. Routledge.; Deal, R. L., Deal, N., Hargrave, T., & Hargrave, S. (2025). The mindful marriage: Create your best relationship through understanding and managing yourself. Worthy Books.