

TWELVE PRINCIPALS OF H.E.A.L



Twelve Principles of H.E.A.L.

Our group operates on 12 guiding principles, from acknowledging personal challenges to fostering unconditional self-love. These principles, hosted by Battered Not Broken, Inc. (a 501(c)(3) organization), provide a foundation for building fulfilling relationships, promoting healing from domestic violence and other traumas, and encouraging spiritual growth.

H.E.A.L. stands for **Hope, Empowerment, Acceptance, and Love**—the pillars that guide our mission.

Find our meetings and resources here: www.bit.ly/WOMENHEAL



1

ACKNOWLEDGE

I must acknowledge that I cannot heal from things I do not confront.

4

GUIDANCE

I trust and rely on the guidance I receive from my Higher Power, letting it lead my decisions and choices.

7

BELIEVE

When others show me who they are, I believe them and make decisions for my well-being accordingly.

10

POTENTIAL

I will no longer allow the potential of what something could be to motivate me to hold onto unhealthy relationships.

2

BOUNDARIES

I will set, honor, and maintain healthy boundaries for myself and others.

5

SURRENDER

I will make peace with and surrender to God's plan, rather than my own.

8

LET GO OR FALL

I realize that holding onto things that do not serve me disrupts my balance in life.

11

VALIDATION

I have always been and will always be enough; I do not need to seek validation from others.

3

POWER

I understand that I have no control over others; my power lies in controlling myself.

6

TRUST

I am learning to trust myself and those who have proven themselves trustworthy.

9

FORGIVE

I understand that forgiveness is giving up the hope that the past could have been different; I release myself and others from that hope.

12

LOVE

I am learning to love myself unconditionally; only then will I be truly available to give and receive love from others.