STEPS TO MOURNING AND HEALING

Intention

NEXT STEP
To honour the significance of the event

Transformed Feeling
How do you feel now, in your body?

Need
What is the significance to you of what happened?

How do you feel now, in your body?

The Moment It Happened
What do you recall seeing and hearing?

Telling the story
(including judging and blaming)

Attention

Connection

Developed by Shantigarbha, Seed of Peace CIC. Based on the NVC Dance Floors: www.NVCDanceFloors.com