

## THE GOAL

Find a way for your past hurt to be a catalyst for your future health.

## IT ISN'T ENOUGH

Knowing what needs to be done doesn't get you off the hook for doing what needs to be done.

## IF WE ARE HONEST

We see help as nice but not necessary.

## THE PATH TO HEALTH

Healing help comes from care and counsel.

## THE DEATH SPIRAL

On my own, my pain becomes permanent, personal, and pervasive.

## WITHOUT HELP

1. Hurt is deceiving.
2. Hurt is isolating.
3. Hurt is overwhelming.

## WITH HELP

Healing with others allows you to help heal others.