

RESTORATION REQUIRES

To Maximize Your Efforts to Be Restored, Healed, Liberated or Made Whole,
ALL of the following may be required.

- A) The Will to be restored, healed, liberated, whole or free.
- B) Separating Your Identity from the injury or dishonor
- Can begin by shifting your words to create distance
 - For example, from “my...” to “the...”
- C) Giving up the Benefits of the injury or dishonor, for example:
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| <ul style="list-style-type: none">• Compelling Stories• Justifying Behavior• The Desire to Punish• Belonging | | <ul style="list-style-type: none">• Status• Comfortable, Known• Using to Set/Keep Boundaries |
|---|--|--|
- D) Resolving Deserving or being Worthy of Restoration
- Owning any harm you have caused or times you’ve betrayed your own values
- E) Providing the Words you need to Say or Hear
- Having the Courage to head into the “bull’s eye” of the pain or emotion
- F) Receiving Compassion for your experience of that moment
- The willingness to receive compassion from yourself or another
 - For the Shock of the experience
 - For being “the Victim” or “This was done to me”
- G) Persevering until you “Zero it out”
- Pursuing the Words that “name” the injury or dishonor most accurately
 - Shifting Modalities when you’re stuck or blocked
- H) Noticing the “conclusions” or “truths” injuries and dishonor leave behind
- Releasing them as part of Persevering or separately
 - Recommend using The Sedona Methods
- I) Celebrating all progress; even a ½ degree of difference count