Breaking Cycles of Violence • Building Resilience

RECONNECTION

Engaging with harm/harm-doers, including systems
Satisfying justice needs; navigating responsibility and accountability; exploring reparations and restitution
Considering forgiveness
Transforming conflict; negotiating solutions; constructing joint narratives
Integrating trauma into new self and/or group identity
Possibility of reconciliation

BEGIN HERE

ACKNOWLEDGMENT

Committing to take risks: listening, building trust
Reflecting on root causes; acknowledging multiple stories
Memorizing
Naming and/or confronting fears; accepting loss
Mourning, grieving

Trauma Experience

Experiencing harm (Acting in)
Causing harm (Acting out)
Finding safety and support

BREAKING FREE

Healthy community
Body/brain regulation