

SAFETY FIRST

~~~ Keep Confidentiality

Maintain Respect ~~~

## **Mental**

Tolerance &  
Acceptance  
Cultivate healthy  
Curiosity  
Our minds are  
Open, while...

**Steadfastly Discerning**

## **Spiritual**

Expanding  
Perspective:  
Seeking the  
Big(ger) Picture(s)  
Beware of Spiritual  
Bypassing  
Exploration, Levity &  
Sense of Humor 😊

**Remembering:  
Celebration**

## **Physical**

All is done by consent  
"Would you like a hug?"  
"No thanks, how about  
a handshake instead?"

Boundaries:  
Explored, Discussed,  
Stated, Enforced and  
Honored

**The Body  
Keeps the Score**

## **Emotional**

Feelings & Sensations  
Are Welcome  
(even rage, which could  
guide toward peace)  
We express, mindful to  
avoid indulging

**Finding Meaning;  
Authenticity**

