HERSTORICAL

WHAT I KNOW
Assessment: The Herstory of domestic abuse; Traditional Indian views toward domestic abuse and violence against women. Where did we learn violence and passiveness? Role modeling of our significant others as we were growing up. Messages we got from institutions and society in regards to our battering/victimization and misogyny. What were we taught by these different influences in growing up?

WHAT I ENVISION
How do I want to live in the future in relation to my partner, children and other family members? Transfer and Maintenance of Change. Deal with other issue in my life: Alcoholism, Drug Abuse, Parenting, Adult Child, Victim of Sexual Abuse, etc. Become a facilitator or counselor. Sharing what you’ve learned with others. Role model non-violence and respect for women and children.

WHAT’S GOING ON TODAY?

WHAT’S GOING ON TODAY?

ONGOING CHANGE & ADJUSTMENT

WHAT I NEED TO KNOW

SELF & RELATIONSHIP BUILDING

TODAY

TOMORROW

THE SUN FACE
We honor the Father Sun that provides the light and warmth & gives direction and guidance to all Creations.

Based on model by Sacred Circle