

PEACE CYCLE

1.

WHAT IS MY TRUTH:



2.

HOW I REACT OR COPE:



3.

OTHERS REACT:

UNDERSTANDING MY PEACE RESPONSE

When I feel peace, I generally feel:

(Choose a response (opposite) for each of the pain feelings in 1. of Pain Cycle Form. Then fill in the Peace Cycle form 1. with the choices that coordinate.)

The truth about you

Loved	Promising	Known
Priceless	Significant	Never alone
Treasured	Precious	Adequate
Appreciated	Wanted	Celebrated
Full of Worth	Respected	Encouraged
Valued	Can make choices	Connected
Accepted	Can Control Self	Enough
Able	Powerful	

These are the truths about me

When I have identified the truth above, I can act using these behaviors:

(Write down how you react in 2. of Peace Cycle Form.)

Accepting	Seeking Good	Merciful
Nurturing	Supportive	Loving
Giving	Welcoming	Kind
Joyful	Show compassion	Gentle
Energetic	Listening	Hopeful
Empathetic	Respectful	Humble
Open	Encouraging	Inclusive
Intimate	Patient	Able to persistent
Forgiving	Responsible	Non-defensive
Trustworthy	Able to be Vulnerable	Honest
Caring	Reliable	Engaging
Stay connected	Peaceful	Self-controlled
Let go/Relax	Transparent	Turn from addictive behavior
Settled		

These are my primary coping behaviors I use when I acknowledge I am LOVED and SAFE.