

**EVERYONE IS UNIQUE. EVERYONE BELONGS BECAUSE THEY ARE UNIQUE.**

**A sense of BELONGING**

**A sense of being UNIQUE**

**A sense of others needing WHAT WE HAVE TO CONTRIBUTE**

**WE HAVE...Individual Life Experiences...**

**with**

**Feelings...**

**&**

**Thoughts...**

**about what those life experiences**

**SAY or MEAN about**

**OURSELF**

**&**

**THE WORLD AROUND US**

**SOCIAL CONTRIBUTION...Our contribution is needed to those around us!**

# Kindness...Listening...Offering Unconditional Positive Regard...

Adapted from: *The Sacred Romance*,  
by John Eldridge and Brent Curtis

## Making Meaning of Experiences

Our experiences **INFORM** us, or give us a “sense” of ourselves, including our value, worth, and belonging.

- Consider the metaphor, that experiences give us “messages”, (NOT referring to hallucinations).
- We all have “good” and “bad” experiences that **INFORM** us of ourselves, alone and in relation to others.

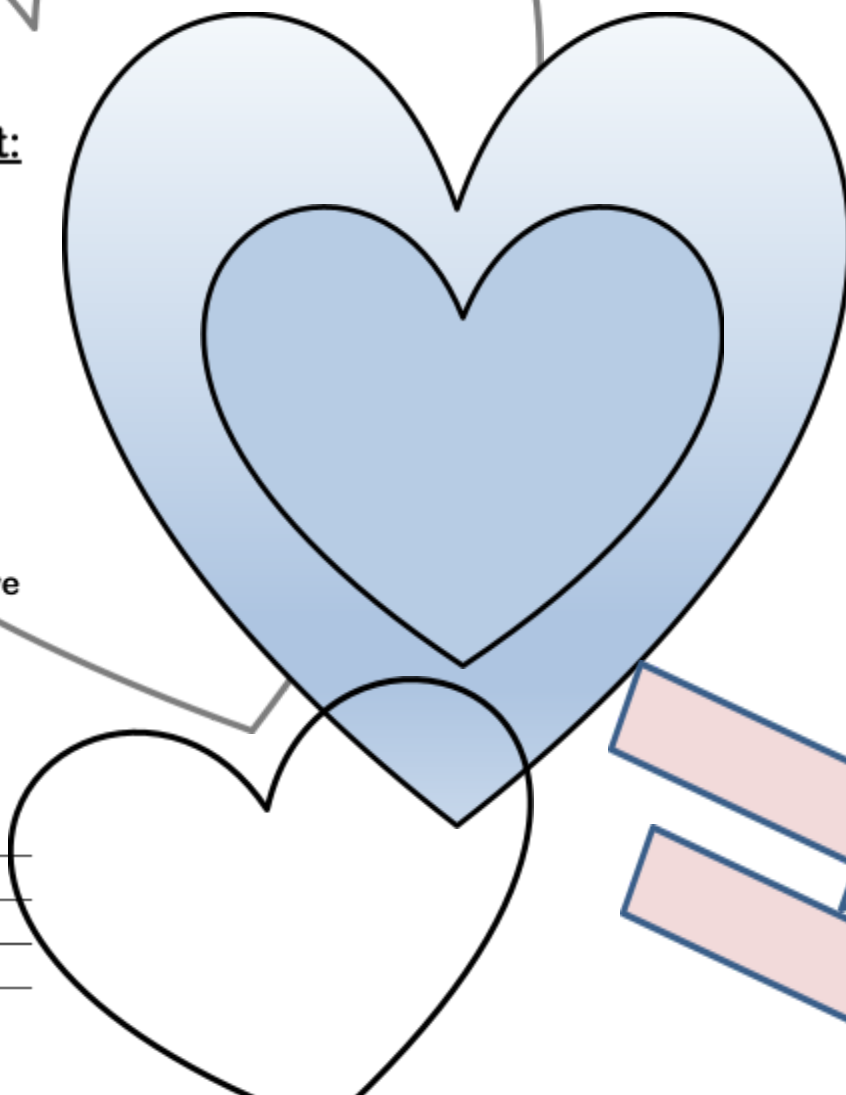
Messages of the Arrows:

### Messages of the Heart:

These inform us that we are **LOVED**, are **SAFE**, and **BELONG**.

That we are:

- Loved just as we are
- Belong just as we are
- Are good enough, no matter what mistakes we make
- Will be accepted
- Are liked
- That we can Contribute
- We are Valued
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Messages of the Arrows:

These suggest (falsely) that we are possibly:

- Unloved
- Not safe
- Do not Belong
- Are Unacceptably Different
- Are not Good Enough
- We make unforgivable mistakes
- We never do things right
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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List your experiences, of both “Love and Belonging”,  
and hurtful “Arrows”:

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