

Step 4: Respond. Boundaries, New Approaches and Next Steps

7. What's needed from here? What feels like the next right step?

8. Looking back at what you wrote in Step 2, is there anything there that you'd like to shift/evolve/heal in yourself? What is one meaningful step you can take in that work?

Step 5: (Optional) Wishing All Parties Relief from Suffering

Say a wish or prayer for the relief of the other party's suffering, and yours too.