

# Healing and Accountability...

HAPPEN IN RELATION TO EACH OTHER

HAPPENS ALONE, AND IN NATURE

CAN DEEPEN WITH EMPATHY: ONCE WE HAVE EMPATHY WITH OURSELVES IT MAY BE MORE POSSIBLE TO HAVE EMPATHY FOR OTHERS,

AND A SENSE OF RESPONSIBILITY TO OTHERS MAKES US MORE ACCOUNTABLE.

INCREASE WITH COMMUNITY SUPPORT: BEING WITNESSED, NOT JUDGED, AND ACCEPTED IS A POWERFUL PROCESS FOR HEALING AND ACCOUNTABILITY.

WORDS BY  
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