

HEALING MODEL OF COMPASSION

LISTEN: WITH CLOSED MOUTH OVER AND OVER

Don't Assume You Know Better
or Place Expectations

EMPATHIZE: PUT YOURSELF IN THEIR SHOES

Don't Reject or Criticize Personal Choice

IDENTIFY: FIND YOUR PARALLEL EXPERIENCE
WITHOUT SHIFTING THE FOCUS

Don't Deny Voice or Personhood

ACCEPT: BELIEVE THE EXPERIENCE TO BE TRUE

Don't Instruct or Interrogate

VALIDATE: MIRROR BACK WHAT
YOU UNDERSTAND

Don't Undermine or Oppose

ENCOURAGE: OFFER SUPPORT ON
THEIR PATH

Don't Shun, Place Conditions or
Ask Others to Join in Double Abuse

THE **MEND** PROJECT

educate. equip. restore.

ACCOUNTABILITY MODEL OF COURAGE

FACE: CHALLENGING WITH STRONG VOICE
AND STEADY HAND

Don't Intervene or Take Action

RESOURCE: BE AN ACCOUNTABILITY
PARTNER

Don't Pacify or Enable

DETERMINE: MATCHING WORDS & ACTIONS

Don't Lower the Bar

OWN: TAKING RESPONSIBILITY

Don't Excuse or Condone

REQUIRE: CLARIFY RELATIONSHIP
EXPECTATIONS

Don't Accept Less

CONFRONT: FACING OUTCOMES

Don't Hinder Consequences

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