## The Justice Fleet

Fostering healing through dialogue, art, and play.



## **PATHWAYS TO FORGIVENESS** COMMUNITY HUMANIZE COMNECTION CHECK SOCIETAL INFLUENCES Begin thinking about how your biases and the biases used against you infect our world, our communities, and yourself. When we seek (RE)PROCESS forgiveness before prosecution and hate, we create better interactions with those who are different. When we allow ourselves to see others more ARITH AROUT WHAT OCCURRED WITH INTENTION fully and with more complexity, we engage in UNDERSTAND conversations that don't begin with bias. MEDITATE Seek understanding by **EMPATHY** processing the experience with RECLAIM PRACTICE MINDFULNESS LISTEN ACTIVELY the intention of gaining a new SHARE COGNITIVE RESTRUCTURING perspective and clarity. ACKNOWLEDGY estructure your thoughts about what the estructure your thoughts he imagine the gured as a way to think magine we deeply Re-imagine when more deeple and entities involved. When we are mindful of the communities we are connected to, we begin to accept and celebrate that the people we live and work with have completely different experiences. When we approach each other from a place of compassion, grace, and mindfulness, we engage ourselves and our communities in a PEFLECTION constant cycle of healing with and for others. **ACKNOWLEDGE** This is an act of humanizing each other. This the experience is mindfulness. **RECALL** ENGAGEMENT CELEBRATE **ACCEPT** that it happened PERCEPTION CHECKING Why did this happen? Can I see this event from a different perspective? Can I see it with new eyes? How do others understand the situation? disgust surprise frustration remorse confusion trust Free yourself from the negative emotions that keep you from joy loving and accepting yourself and others more fully. peace empathy Gift yourself the ability to anger guilt **ALLOW** grief shame yourself to Replace negative feelings with new memories, new stories, and growth. Be vul-FEEL love shock nerable, empathetic, and compassionate. Be open with others about what you are going through, how you are feeling, and how you want to feel. When we are honest with each other, we notice we are not alone. When we begin to see the world from different perspectives and feel how others feel, we begin to see that we are not Feel your emotions fully and without alone. When we embrace difference with compassion and work together to make judgement. Emotions are natural human our world better, we stop standing, fighting, and working alone. This process of responses to situations. It is OK to feel. healing allows us to find the beauty and dignity in difference.







