

WE ARE A JOY-BASED HOUSEHOLD

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JOY IS OUR BIRTHRIGHT!

LOVE IS OUR SUPERPOWER. I AM KIND TO MYSELF.

PEACE AND POWER ARE IN OUR HOME.

WE ARE PERFECTLY IMPERFECT.

I LOVE MYSELF AND ACCEPT MYSELF, NO MATTER WHAT.

WE BELIEVE IN HONOR, LOYALTY, COMMITMENT.

WE USE **WORDS** TO DESCRIBE OUR EMOTIONS.

WE NAME HOW WE FEEL

IF I FEEL COLD AND SCARED, I MAY FEEL ABANDONED.

COMMITMENT WILL HEAL THAT.

I AM COMMITTED TO MYSELF AND MY BEST LIFE.

IF I FEEL HOT AND ANGRY, I MAY FEEL BETRAYED.

LOYALTY WILL HEAL THAT

I AM LOYAL TO MYSELF.

IF I FEEL HOT AND HUMILIATED, OR ASHAMED,

HONOR WILL HEAL THAT.

I HONOR MYSELF.

HOW AM I FEELING RIGHT NOW?

© 2022 Co-authored by Debbie Happy Cohen and Ellen Ezekiel

Credit to Dr. Mario Martinez for the archetypal wounds and their healing fields

A Joy-Based Household is one where family members feel a sense of Belongingness through experiencing Embodiment and sharing Emotional Literacy.

Our family-friendly resources can help you develop and master these skills.

Start with *The 12- Practices E-book*. Download it at JoyBasedLiving.com.

Do the practices every day, talk about them with your family members, and hang this page on your fridge until everyone is strong in the JBL Practices.

