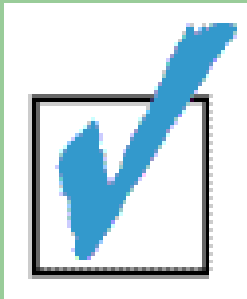


Your Support Team as a Healing Environment

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

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Your support team must be a healing environment for you

- If you are to grow and change you need a healing environment
- Your support team has to “be there” for you during the good and bad times
- Your support team needs to be available to you 24-7
- Your support team members need to be rational and healthy in their perspective



You know your support team is a healing environment when:

- Members show respect to one another
- Members are free to show physical affection
- Members use supportive language with one another
- Members are willing to confront disagreements with open & honest communication
- Members are willing & vulnerable to grow



You know your support team is a healing environment when:

- Members feel they are among equals
- There are no power struggles for emotional control of the environment on the team or with you
- No member plays role of victim nor martyr with you
- You feel you have a chance to change and modify your lifestyle openly and freely



You know your support team is a healing environment when:

- Your team can give and receive open, direct feedback
- Your team are able to forgive and forget when you relapse or backslide
- Members are free to express all feelings be they positive or negative
- Your team makes you feel secure, cared for, accepted, and respected



Characteristics of a Healing Support Team

- Unconditional love and acceptance from all your team members
- No giving of acrimony, disparagement, rejection, resentment or revenge but rather give support, understanding, caring and encouragement
- Human error is allowed without fear of being condemned, punished, abused, or banished