Balancing All Parts of Who We Are

Emotional
Feelings (heart)

- Feelings and how they are expressed
- Sharing from the heart

Mental
Thoughts (head)

- Self-reflection
- Analyzing & synthesizing information
- Recognizing interests, needs, and differences

Holding ourselves in balance as we work toward wholeness

Spiritual
Values (soul)

- Values that direct behavior
- Connecting with what matters

Physical
Sensory Supports (body)

- Taking care of physical needs: personal and for the group
- Body language

Restorative practices, including Circles, are derived from and build on Indigenous teachings and other wisdom traditions. Excerpted from *Peacemaking Circles: From Conflict to Community*, by Kay Pranis, Barry Stuart, and Mark Wedge. © Living Justice Press. Permissions: ljpress@aol.com Photo by Abdirisak: Lamadaya waterfalls, Sanaag, Somalia. For educational and training purposes only.