BSCorbett Consulting, LLC

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The Bridge to Hope & Healing®: 9 Principles to Guide You in a Moment of Crisis

Practical Application [Book available on Amazon]

Principles *To guide you through a life circumstance.*	**Application** *I will apply this principle to My Bridge* [by/when]…
Hope… *The fog will lift*	
Show strength and courage… *Build your bridge*	
Maintain a positive outlook… *Apply a strengths-based perspective*	
Communicate… *Keep talking*	
Seek resources… *Invest in the relationships that sustain you*	
Heal… *Take care of YOU*	
Accept, affirm, and adjust… *Life moves forward*	
Forgive… *Let go*	
Express gratitude… *Count your blessings*	

Reflections…