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

Principle #1 – Hope…The fog will lift
Hope is a way of thinking, feeling, and acting. It is necessary for when a life-changing moment of crisis suddenly throws you in a fog, leaving you with a flood of emotions—feeling lost, confused, overwhelmed, or helpless.

Principle #2 – Show strength and courage…Build your bridge
Show strength and courage by living your core values—it gives you the capacity to build your bridge to hope and healing.

Principle #3 – Maintain a positive outlook…Apply a strengths-based perspective
A positive outlook is focusing on strengths and believing your life is overflowing—not living your life as half-empty or half-full.

Principle #4 – Communicate…Keep talking
Communication happens when two people continue to talk, truly listen, and express what they intend.

Principle #5 – Seek resources…Invest in the relationships that sustain you
Seek resources by investing the time to maintain relationships and make connections with friends, family, and community.

Principle #6 – Heal…Take care of you
Healing begins with taking care of yourself and connects mind, body, and spirit to feel whole.

Principle #7 – Accept, adjust, and affirm…Life moves forward
Shifting from acceptance to adjustment to affirmation helps you to keep moving forward.

Principle #8 – Forgive…Let go
Forgiveness is an inside effort and letting go is an opportunity for internal peace.

Principle #9 – Express gratitude…Count your blessings
Gratitude is sincerely expressing your thoughtful appreciation. Counting your blessings encourages you to pause and be thankful.

The choices we make and the actions we take clearly define who we are as individuals and help us identify what we want to teach and model for our children and loved ones.
Becky S. Corbett, Author [Available on Amazon]