

- ▶ •**SHALOM FOR MY BODY.** PHYSICALLY REDUCE MY FEAR AND ADRENALINE (QUIET EXERCISES), ACTIVATE MY STRESS REDUCTION SYSTEM (STEP 3), AND PHYSICALLY ENTER A QUIET STATE FOR MY BODY AND MIND.
- ▶ •**SHALOM FOR MY SOUL.** I TALK TO GOD DIRECTLY ABOUT MY EMOTIONS AND THOUGHTS, EVEN THOUGH I DO NOT PERCEIVE HIS PRESENCE. I DO NOT TALK TO GOD ABOUT THE OTHER PERSON I AM UPSET WITH, AS THAT KEEPS MY RELATIONAL CIRCUITS OFF!
- ▶ •**LAMENT WITH GOD.** I FEEL SAD ABOUT THOSE THINGS THAT GRIEVE BOTH GOD AND ME. THIS ACTIVATES CIRCUITS IN MY BRAIN THAT HELP ME MOVE FROM MY ANGER/FEAR STATE.) FOR EXAMPLE, I CAN WRITE DOWN ALL THE THINGS ABOUT MY CURRENT SITUATION THAT COULD MAKE ME SAD AND WHAT MAKES GOD SAD FOR ME. I TELL GOD THESE THINGS WITH AUTHENTIC EXPRESSION.
- ▶ •**GROW MY APPRECIATION.** I TELL GOD WHAT I APPRECIATE ABOUT HIS PRESENCE AND FAITHFULNESS IN TIMES PAST WHEN HE HAS SHOWN HIMSELF FAITHFUL TO ME.
- ▶ •**NOTE:** *THE INABILITY TO RESTORE RELATIONAL CIRCUIT FUNCTIONS IS A SIGN THAT HEALING IS NEEDED*

Restoration Steps When RC's Are Off: