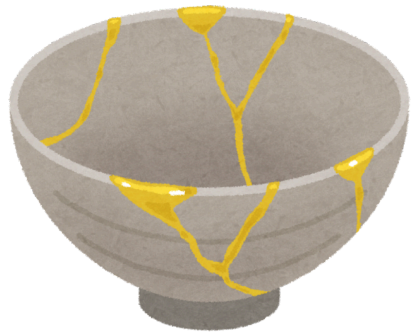


A Time For Healing

KathrineLee.com
AUTHOR, SPEAKER, COACH

Kintsugi is the Japanese art of repairing broken pottery with gold, honoring the cracks instead of hiding them.

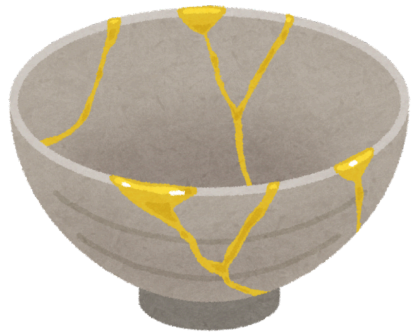


A Time For Healing

KathrineLee.com
AUTHOR, SPEAKER, COACH

Kintsugi reminds us that:

- *Brokenness is not the end of the story*
- *Healing doesn't erase the past—it redeems it*
- *The places we've been wounded can become the places we shine*

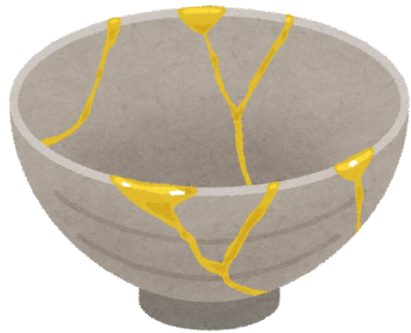


A Time For Healing

KathrineLee.com
AUTHOR, SPEAKER, COACH

Kintsugi is the art of letting your healing be a highlight in your story, turning pain into purpose.





A Time For Healing

3 Golden Gifts

KathrineLee.com
AUTHOR, SPEAKER, COACH

Breath

Regulate

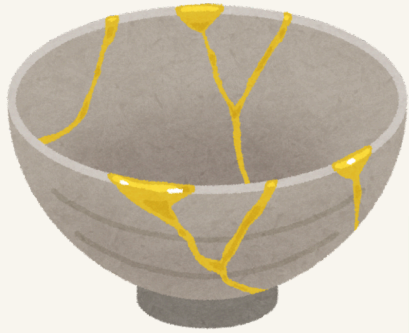
Agency

Choice

Identity

Autonomy

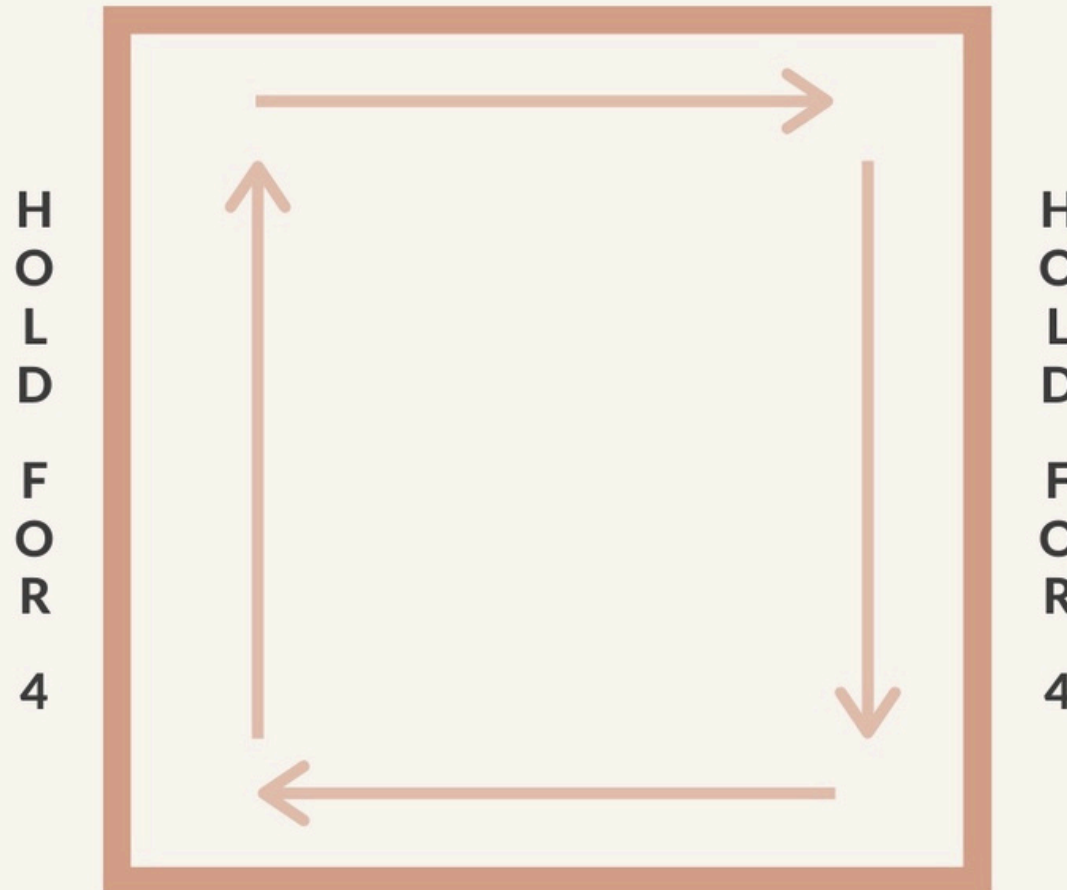




A Time For Healing: Breathe

KathrineLee.com
AUTHOR, SPEAKER, COACH

Breathe in for 4 seconds



Breathe out for 4 seconds



A Time For Healing: Breathe

KathrineLee.com

THE GIFT OF BREATHING

Your breath is a bridge between your body and your mind.

Breathe on purpose. Live on purpose.

THE NEUROSCIENCE OF BREATH



ACTIVATES THE PARASYMPATHETIC NERVOUS SYSTEM

Slow, deep breathing signals safety to your brain and calms your body.



LOWERS STRESS HORMONES

Breathing reduces cortisol and helps regulate your stress response.



IMPROVES HEART RATE VARIABILITY (HRV)

Better HRV means greater resilience, focus, and emotional balance.



INCREASES OXYGEN TO THE BRAIN

More oxygen enhances clarity, memory, and decision-making.



SUPPORTS EMOTIONAL REGULATION

Breath helps interrupt negative loops and builds neural pathways for calm.



THE PROVEN POWER OF BREATHING



REDUCES ANXIETY AND OVERWHELM

Deep breathing significantly reduces anxiety symptoms and promotes a sense of calm.



IMPROVES FOCUS AND PERFORMANCE

Controlled breathing enhances concentration, mental clarity, and physical performance.


**YOUR BREATH IS ALWAYS WITH YOU.
IT CAN ANCHOR YOU ANYWHERE.
USE IT.
TRUST IT. LIVE IT.**

HOW TO BREATHE WITH PURPOSE

1



PAUSE

Stop. Notice. Come back to your breath.

2



INHALE

Breathe in slowly through your nose for 4 counts.

3



HOLD

Hold gently for 4 counts.

4



EXHALE

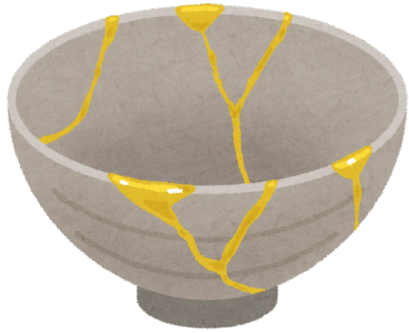
Breathe out slowly through your mouth for 6 counts.

Repeat. Reset. Receive.
Your breath is your reset button.



BREATHE DEEPLY. STAY PRESENCE. LIVE FREELY.

Your breath is life. Use it to build the life you were created to live.
CALM YOUR MIND • SOOTHE YOUR BODY • CONNECT WITH GOD



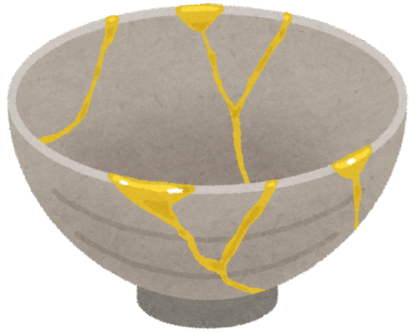
A Time For Healing: Agency/Choice

KathrineLee.com
AUTHOR, SPEAKER, COACH

Agency is the capacity and freedom to make choices and take intentional action based on those choices.

In simple terms:

Agency is your ability to decide and act.

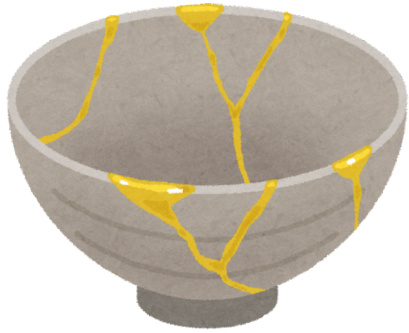


A Time For Healing: Agency/Choice

KathrineLee.com
AUTHOR, SPEAKER, COACH

Key elements of agency:

- *Choice – recognizing you have options*
- *Control – influencing your thoughts, behaviors, and responses*
- *Responsibility – owning the outcomes of your decisions*
- *Intentional action – not just reacting, but choosing your direction*

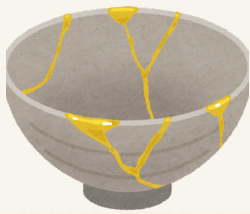


A Time For Healing: Agency/Choice

KathrineLee.com
AUTHOR, SPEAKER, COACH

Agency is what allows a person to move from feeling controlled by circumstances → to becoming an active participant in their life.

Agency is the God-given ability to choose your response, even when you cannot choose your circumstances. This is why agency is so central to resilience, healing, and growth—it's the doorway to change/upgrade.



FRONTAL LOBE

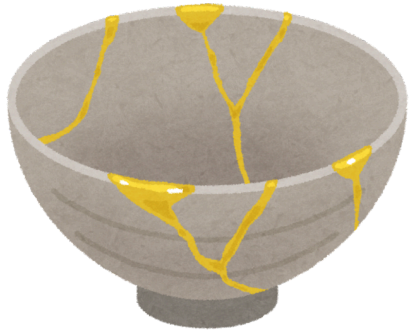
The frontal lobe helps you focus, make decisions, and stay calm under pressure.



● **FRONTAL LOBE**

Responsible for focus, planning, decision-making, self-control, and emotional regulation.

♥ **Take a deep breath.
You've got this.**

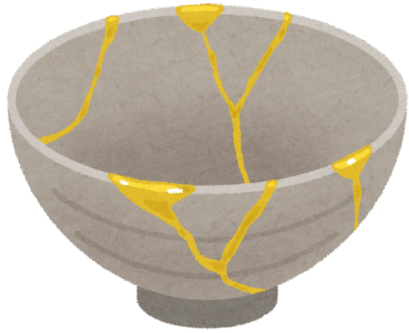


A Time For Healing: Identity/Autonomy

KathrineLee.com
AUTHOR, SPEAKER, COACH

Identity (Autonomy) is the understanding of WHO YOU ARE (first) and then using the authority you have to choose how you live in alignment with truth.

Identity is knowing who you are—and having the freedom to choose from that place.

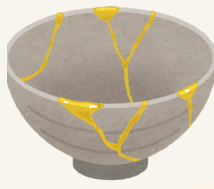


A Time For Healing: Identity/Autonomy

KathrineLee.com
AUTHOR, SPEAKER, COACH

Key elements of Identity (Autonomy):

- Self-awareness – recognizing your values, beliefs, and design*
- Ownership – taking responsibility for your life and direction*
- Alignment – making choices that reflect your true self*
- Freedom – not being defined by past, pressure, or others' expectations*



A Time For Healing: Identity/Autonomy

Kathrine Lee.com
AUTHOR, SPEAKER, COACH

STAND ON YOUR IDENTITY

*Your identity is your foundation.
Build it. Own it. Live it.*



SELF-AWARENESS

Recognizing your values, beliefs, and design.



ALIGNMENT

Making choices that reflect your true self.



OWNERSHIP

Taking responsibility for your life and direction.



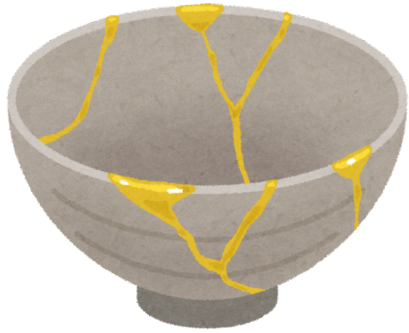
FREEDOM

Not being defined by past, pressure, or others' expectations.



IDENTITY

AUTONOMY • TRUTH • FREEDOM

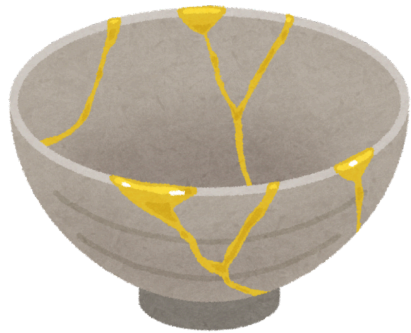


A Time For Healing: Identity/Autonomy

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AUTHOR, SPEAKER, COACH

Identity rooted in autonomy moves you from living by default → to living by design.

Identity is the inner authority to choose your life from truth, not from fear, history, or approval.

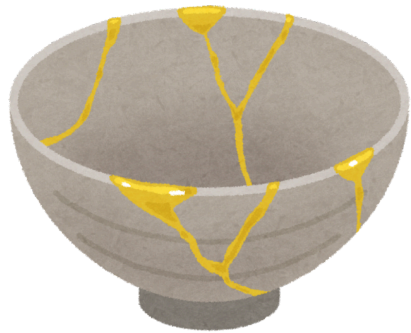


A Time For Healing

KathrineLee.com
AUTHOR, SPEAKER, COACH

What is Healing:

- *When we find that we no longer have to use our energy to control the present or heal the past, and instead can give all our attention & energy to the present moment*
- *We can talk about our past pain without the deep emotional charge*
- *You are defined by WHO you not what was **DONE** to you.*

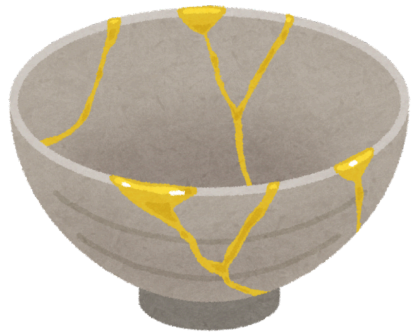


A Time For Healing

KathrineLee.com
AUTHOR, SPEAKER, COACH

What is Healing?

- *Giving up the hope that the past could be different*
- *We believe that we didn't deserve to be mistreated*
- *We have the willingness to self-reflect*



A Time For Healing

3 Golden Gifts

KathrineLee.com
AUTHOR, SPEAKER, COACH

Breath

Regulate

Agency

Choice

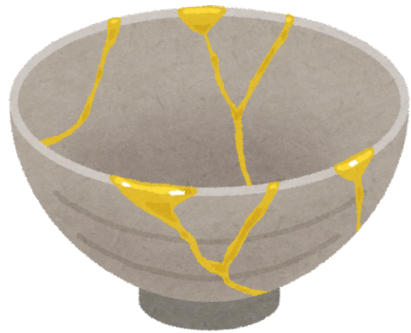
Identity

Autonomy



Imagine you are in
your Favorite Place
(What do you see, hear,
taste, feel, smell?)

Jesus (Pure Love & Light)
joins you & is with you.
What does He say or do?



A Time For Healing

The Life Giving & Life Limiting W's

KathrineLee.com
AUTHOR, SPEAKER, COACH

A yellow sticky note with horizontal dashed lines for writing, secured with a gold tape on the top-left corner.A yellow sticky note with horizontal dashed lines for writing, secured with a gold tape on the top-left corner.

Word

World

Worship

Wounds

Witness

Warfare





A Time For Healing: Word Over World

KathrineLee.com
AUTHOR, SPEAKER, COACH

THE POWER OF WORD

*What we speak shapes what we believe.
Choose words that build you, not break you.*

THE WORLD

The maniacal pace and negative messaging of the world.

YOU'RE NEVER ENOUGH

IT'S ALL UP TO YOU

YOU'RE TOO MUCH

HURRY. DO MORE.
BE MORE.
HAVE MORE.



Comparison steals your joy.
Pressure steals your peace.
Lies steal your identity.

THE WORD

What we speak, what Scripture says, and what Jesus/Love has to say.



YOU ARE DEEPLY LOVED
John 3:16



YOU ARE MADE ON PURPOSE
Psalms 139:14



MY GRACE IS ENOUGH FOR YOU
2 Corinthians 12:9



YOU ARE CHOSEN & SEEN
1 Peter 2:9



I HAVE GOOD PLANS FOR YOU
Jeremiah 29:11

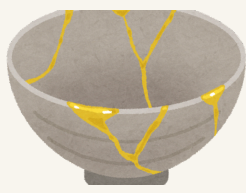


Truth builds your identity.
Love steadies your soul.
God's Word sets you free.



SPEAK LIFE. SPEAK TRUTH. SPEAK LOVE.

Let God's Word be louder than the world.



A Time For Healing: Worship To Heal Wounds

Kathrine Lee.com
AUTHOR, SPEAKER, COACH

THE POWER OF WORSHIP

Worship shifts our focus from our pain to His presence.

It heals our hearts, renews our minds, and strengthens our souls.

THE POWER OF WORSHIP ON THE BRAIN & RESILIENCE



CALMS THE BRAIN

- Lowers stress and anxiety
- Regulates the nervous system



HEALS EMOTIONALLY

- Releases stored pain
- Increases joy, peace, and hope



RENEWS THE MIND

- Replaces negative thoughts with truth
- Strengthens focus and clarity



BUILDS RESILIENCE

- Strengthens faith
- Helps you bounce back stronger



STRENGTHENS THE SOUL

- Deepens connection with God
- Reminds you: You are never alone



TAKING A STEP TO HEAL IS A FORM OF WORSHIP

When we choose healing, we declare:

I honor God with my wholeness.

Living in to our true, loved self is an act of worship.

GRATITUDE SPEAKS. TESTIMONY SHARES. FAITH GROWS. HEAVEN RESPONDS.

THE WARFARE OF THE ENEMY

The enemy wants to keep you silent and stuck.

LIES OF THE WORLD

REMEMBER THE PAIN

IT'S ALL UP TO YOU

FOCUS ON YOUR WOUNDS

YOU'RE NOT ENOUGH

YOU'LL NEVER GET BETTER

- ✗ Amplifies negative messages.
- ✗ Brings up the past to cause shame and fear.
- ✗ Steals your joy, peace, and identity.
- ✗ Keeps you trapped in lack and defeat.
- ✗ Steals, kills, and destroys (John 10:10).

VS.

THE WITNESS OF GOD'S GOODNESS

Your testimony breaks chains and builds faith.



- ✓ Focuses on God's faithfulness.
- ✓ Turns wounds into wisdom.
- ✓ Builds joy, peace, and identity in Christ.
- ✓ Inspires others and advances God's Kingdom.
- ✓ Brings life—and more abundant life (John 10:10).



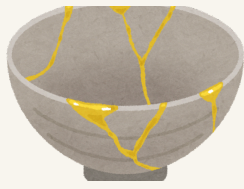
BE A WITNESS. SPEAK HIS GOODNESS. LIVE IN GRATITUDE.

Don't let the enemy write the story—God has already written your victory.

SPEAK OF THE GREAT THINGS HE HAS DONE.

Your story can change everything.





A Time For Healing: Witness To Overcome Warfare

Kathrine Lee.com
AUTHOR, SPEAKER, COACH

THE POWER OF WITNESS

*Your story is not just for you—it's for His glory.
What God has done in your life can set someone else free.*

BEING A WITNESS TO THE GREAT THINGS GOD HAS DONE



SPEAK IN GRATITUDE

Gratitude shifts our focus to God's faithfulness.



SHARE YOUR TESTIMONY

Your story encourages, strengthens, and builds faith in others.



GLORIFY GOD

When we share, we give God the credit and honor He deserves.



REMEMBER & PROCLAIM

What we remember and proclaim, we will live again.



BUILD HOPE IN OTHERS

Your testimony can be the light someone else is praying for.



THOSE WHO SOW IN TEARS WILL REAP WITH SHOUTS OF JOY.

Psalm 126:3

When we speak of the great things God has done, He **multiplies** our **joy** and silences the enemy.

GRATITUDE SPEAKS. TESTIMONY SHARES. FAITH GROWS. HEAVEN RESPONDS.

THE WARFARE OF THE ENEMY

The enemy wants to keep you silent and stuck.

LIES OF THE WORLD

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REMEMBER THE PAIN

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IT'S ALL UP TO YOU

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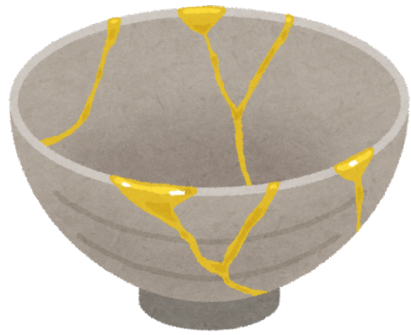
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Your story can change everything.





A Time For Healing

Understanding the 3 Selves

Information influenced by Neuroscience, Trauma-Informed Care, and Attachment Theory

KathrineLee.com
AUTHOR, SPEAKER, COACH



Child

Helpless; Under-resourced
& Easily-threatened.

Defender

Often the Dominate Player;
The persona we wear in the world;
Seeks to protect us from our child's
safety, unworthiness, & fear.

Adult

Most capable & mature self;
Us at our very best;
Treats emotions with care and
compassion.



A Time For Healing

Understanding the 3 Selves

Information influenced by Neuroscience,
Trauma-Informed Care, and Attachment Theory

Katharine Lee.com
ARTIST, SPEAKER, COACH



WE ALL HAVE 3 SELVES INSIDE US.

We often will operate out of different places, depending on the people we are with and the circumstances we're in.

The goal is to always operate out of the Adult Self.



IT'S NOT ABOUT GETTING RID OF ANY SELF.

Each self has a role. When we understand them, we can bring more compassion, choice, and healing to our lives.



Child

Helpless; Under-resourced & Easily-threatened.



THE CHILD SELF NEEDS NURTURE & CARE

- ♥ Seeks connection, comfort, and reassurance.
- ♥ Carries our earliest wounds, needs, and longings.
- ♥ Can feel fear, sadness, shame, or not-enough.
- ♥ Just wants love, safety, and to belong.

HOW TO NURTURE THE CHILD SELF:

- ♥ Offer kindness, patience, and comfort.
- ♥ Create safe, playful, and joyful moments.
- ♥ Listen to their feelings without judgment.
- ♥ Reparent with love and consistency.
- ♥ Remind them: "You are safe. You are loved. You matter."

Defender

Often the Dominate Player; The persona we wear in the world; Seeks to protect us from our child's safety, unworthiness, & fear.



THE DEFENDER SELF NEEDS REST & THANKS

- ♥ Works hard to keep us safe.
- ♥ Takes on stress, control, perfectionism, or people-pleasing.
- ♥ Can feel anger, frustration, or the need to always be right.
- ♥ Believes: "If I stay strong, they won't hurt me."

HOW TO SUPPORT THE DEFENDER SELF:

- ♥ Thank them for always showing up.
- ♥ Give yourself permission to rest.
- ♥ Release what they no longer need to carry.
- ♥ Remind them: "You did your best. You can relax now. I've got this."

Adult

Most capable & mature self; Us at our very best; Treats emotions with care and compassion.



THE ADULT SELF IS OUR BEST & WISEST SELF

- ♥ Grounded, calm, and clear.
- ♥ Makes thoughtful choices.
- ♥ Creates healthy boundaries.
- ♥ Balances logic with compassion.
- ♥ Knows how to care for all parts of ourselves.

HOW TO STRENGTHEN THE ADULT SELF:

- ♥ Stay grounded in the present.
- ♥ Practice self-awareness and reflection.
- ♥ Make aligned decisions.
- ♥ Set boundaries with love.
- ♥ Lead with wisdom, not old wounds.

WE MOVE BETWEEN SELVES—AND THAT'S NORMAL.

Awareness gives us choice. Choice creates healing.

♥ TRIGGERED OR OVERWHELMED?



We may slip into Child or Defender.

♥ SUPPORTED & SAFE?



The Adult Self comes forward.

♥ PRACTICE & PATIENCE



Helps us return to our center.



REMEMBER:

Your Child needs love.
Your Defender needs rest.
Your Adult Self is your leadership.

You are becoming the safe home you always needed.







HEALING HAPPENS WHEN ALL 3 SELVES FEEL SEEN, SAFE, AND LOVED.

Nurture the child. Thank the defender. Lead with your adult self.

THAT'S HOW WE HEAL. THAT'S HOW WE THRIVE.



Attachment Style	 Child	 Relational Lens	 Defender	 Adult
Anxious – Preoccupied (Insecure)	<p>False Identity: “I am not as worthy”; “I am unlovable”; “I am alone”; “I need to rescue/fix”; “It’s my fault” (Formed through introjection)</p> <p>Fear: Abandonment, being alone, unsafe, excluded, disliked, not analyzing enough/missing it</p> <p>True Identity</p>	<ul style="list-style-type: none"> • Trusts others & maybe God but not self • I need to fix others • I need to prevent negative outcomes • I cannot meet my own needs • Others should soothe me • Others should know how I feel without words • Others should always give me certainty • Others meet all my needs • Others should be available • I should be others top priority 	<ul style="list-style-type: none"> • Defends: Proximity & enabling • Judges self • Defense: Project/Displacement/Regression/Deflection • Struggles to set boundaries • Cling to maintain proximity • Enmeshment/Co-dependent • Seeks external validation/attention • Criticizing (Self & Others) • Fawning/Appeasing • Expressing panic, anxiety, neediness • Testing other devotion • Control/Rigid • Rescuing 	<ul style="list-style-type: none"> • Communicate healthy boundaries & hold them • Able to give others space to pause & pray and reconnect to share perspective & resolve • Able to self soothe, affirm, & love • Have own separate identity • Gives others grace & positive intent • Secure in relationship <p>Action: Practice grounding & self-soothing: breathing, prayer, nature. Where is God in this? Consider prioritizing one need you have this week without guilt. Maybe that looks like setting a needed boundary. Don’t forget to celebrate accomplishments and small steps.</p>
Dismissive-Avoidant (Avoidant)	<p>False Identity: “I am only as good as my last achievement”; “I am defective” “I am incapable of change”; “I am not good enough”; “I am powerless”; “When the going gets tough, I go it alone/lone wolf” “I must be in control at all times” (Formed through introjection)</p> <p>Fear: Unsafe, trapped, overwhelm, not belonging, weak, vulnerability, Lack of control, helpless, people being close</p> <p>True Identity</p>	<ul style="list-style-type: none"> • Trusts self but not others or God • Self Sabotage • Others cannot meet my needs • Others understand when I need space • There should never be conflict • Compromises should never be needed • Everyone meets their own needs/independent • Perfect Match 	<ul style="list-style-type: none"> • Defends: Self-Sufficiency/Autonomy • Judges Others • Defense: Retroflection/implosion/Regression/Deflection • Set boundaries via actions (Flight/leaving) • Stonewalling (ghosting or “leaving on read”) • Passive-aggressive (sarcasm) • Numbing • Avoiding • Excess creature of comfort • Push others away • Isolate 	<ul style="list-style-type: none"> • Communicate needs & when to pause, pray, perspective & resolve • Communicate healthy boundaries & hold them • Able to adjust/compromise • Stays relational/connected • Allows fallibility for self and others • Secure in relationship <p>Action: Take a step in letting someone in: EX: invite someone to do something with you. Share something personal with someone else. Allow for a healthy compromise or ask for help. Where is God in this? Consider setting a boundary verbally before physical action takes place</p>
Fearful-Avoidant (Disorganized)	<p>False Identity: “I am unworthy”; “I deserve to suffer”; “I hate you/don’t leave me”; “I am bad”; “I am not good enough”; “I am unlovable”; “My life is constant chaos”; “I can’t control my emotions” (Formed through introjection)</p> <p>Fear: betrayal, unsafe, abandonment, trapped, helpless, disrespected, people being close, hurting others, true self, not analyzing enough/missing it</p> <p>True Identity</p>	<ul style="list-style-type: none"> • Does not trust self, others, or God • Trust breaking should never happen • Lying is always unacceptable • Others should contribute like me • Others should always want me • Others must be faithful in thought, emotion, opinion, and action 	<ul style="list-style-type: none"> • Defends: Self-Sufficiency &/or Proximity • judges Self & Others • Defense: Project/Displacement/Regression/Deflection/ Retroflection/Implosion • Doesn’t boundaries & lash-out when unset boundaries are crossed • Testing • Stonewalling • Spitefulness • Withdrawing to decompress • Emotional volatility/Chaotic • Fight, flight, freeze, fawn, appease • Excessive creature of comfort • Push/Pull pattern with others & self 	<ul style="list-style-type: none"> • Communicate clear boundaries & hold them • Secure in relationship with self & others • Communicate needs & when to pause, pray, perspective, & resolve • Authentically vulnerable • Grounded in self • Empathy & Grace <p>Action: Take inventory where do you trust, pull people in, and push people away. How do you ground/self soothe? Where is God in this?</p>
Secure	<p>True Identity: “I am enough”; “I am loved”; “I belong”; “I am powerful”; “I am safe”; “I believe in & enjoy myself”; “I can handle what comes”; “I can influence my life toward positive outcomes”; “I am self-sufficient & rely on others”</p> <p>Fear/False Identity: Secondary Attachment Style from a wound later in life. Not apart of core identity.</p>	<ul style="list-style-type: none"> • Knows their needs and neediness • God fills neediness • Trusts self, others, God • Clearly sets healthy boundaries & expresses need • Healthy conflict resolution • Grounded in Self 	<ul style="list-style-type: none"> • Defends: Where you start and others begin • Healthy accountability (No Judgement) • Effective Boundary Setting • Defenses: Secondary Attachment • Understands personal needs • Clearly defines expectations • Curious rather than presumptuous • Open to communicating • Practices vulnerability and discretion <p>Take note of what defense maybe triggered when pain is touch on.</p>	<ul style="list-style-type: none"> • Pause, Pray & Get perspective • Stay grounded when others aren’t & help others ground • Approaches others with curiosity rather than accusing or assuming. • Connected/ active listener/empathy • Resolves conflict in a timely manner with others in mind <p>Action: Discover your secondary style and take inventory.. Where is God in this?</p>

THREE THINGS PEOPLE NEED FOR THRIVING, RESILIENCE & HEALING

We all have the capacity to heal and grow.
The right support makes all the difference.



1. BEING SEEN

When we feel truly seen and understood, we feel valued, accepted, and less alone.

We provide:
Deep listening, empathy, and a space where you are fully seen.



2. FEELING SAFE

Safety is the foundation for healing. It calms our nervous system and opens the door to growth.

We provide:
A judgment-free, confidential space where you can show up exactly as you are.



3. HAVING A STRATEGY

Healing is powerful. Having a clear strategy helps you move forward with purpose and confidence.

We provide:
Personalized tools, guidance, and actionable steps to create lasting change.



Addresses **all three**.
So you don't have to do it alone.



SEEN. SAFE. STRATEGIC. *You can thrive.*
We see you. We've got you. We walk with you.

Does this sound familiar?

Stuck in Fear & Stress?

- ⚙️ You feel paralyzed by fear and can't seem to move forward.
- ⚙️ Stress and anxiety are constant companions in your daily life.
- ⚙️ You know what you should do, but something keeps holding you back.

Caught in Procrastination?

- ⚙️ You put things off even when they matter most to you.
- ⚙️ Toxic distractions pull you away from your goals.
- ⚙️ Negative self-talk drowns out your confidence and clarity.

Spinning Your Wheels?

- ⚙️ You've tried to change but the same patterns keep returning.
- ⚙️ You feel disconnected from your purpose and direction.
- ⚙️ You're ready for real change - not just more information.



New Mini Course

4-Week Ultimate Source

Mini Course

What if the reason you feel stuck isn't a lack of discipline — but hidden patterns in your mind and nervous system?

Join Us - \$44

Tuesdays · May 5, 12, 19, 26 · 11am Central

What If?

the reason you feel stuck...
isn't a lack of discipline or something you knew that is broken?

*What if it's hidden patterns in your
mind and nervous system?*

In this 4-Week Ultimate Source Mini Course, you'll discover four powerful principles from the 12 Life Areas that help people break free from:

**FEAR • STRESS • PROCRASTINATION
TOXIC DISTRACTIONS • NEGATIVE SELF-TALK**

*Each week you'll learn simple tools that combine faith,
neuroscience, and practical action so you can:*

- ✓ Reset your mindset
- ✓ Gain clarity and focus
- ✓ Calm your nervous system
- ✓ Start moving forward again

This isn't just information.

It's a guided experience designed to help you create real change in how you think, feel, and live. **If you're ready to stop spinning your wheels and start moving forward... join us!**



TUESDAYS // MAY 5, 12, 19, 26 // 11A (CT)

Facilitated by Kathrine Lee • 4 Weeks • \$44

theultimatesource.org/mini-course

If cannot attend live... sessions will be recorded and all recordings and handouts will be sent out weekly.



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bit.ly/StillHopeOnAngel



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Inspired by the true stories of
trafficking survivors.



LUNA RIVERA ALEX VEADOV WILMA RIVERA JOHN D. MICHAELS MICHELLE HARO

STILL HOPE

FATHOM ENTERTAINMENT PRESENTS A STUDIO 529 PRODUCTION AN ADAPTATION OF THE BOOK BY PRUELS OF HOPE STUDIOS "STILL HOPE" LUNA RIVERA ALEX VEADOV WILMA RIVERA JOHN D. MICHAELS MICHELLE HARO
STORY BY SUNDAY BOE LING KENNEDY AND JESS ANDERMAN DIRECTED BY KEITH STANLEELE COSTUME DESIGNER JOHN AMELIA HONG YICOTT PRODUCTION DESIGNER SARAH RSELEY EXECUTIVE PRODUCERS CLARK WOODMAN AND SHAN GARTNER PRODUCED BY JESSIE JUDIS DANENZ
WRITTEN BY JERRY BRENT AND LYNN MACALVIN DIRECTED BY BETHANY JOHNS COSTUME DESIGNER JOSHUA PRODUCED BY BRANDY MACWILSON AND MITCH HUBSON EXECUTIVE PRODUCERS TONIC JOHNS
529 FATHOM



purehope
FOUNDATION

Transforming Lives. Restoring Hope.

ON

Healing



FROM ONE OF OUR
PURE HOPE FOUNDATION
GRADUATES, **CHELSEA:**



Learning to respond
instead of react.



Being around so many
people with different
personalities but all
the same motives in
helping me heal.
If that makes sense.



Being apart of a
community that
excepts every
part of me.



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Healing is
BETTER TOGETHER.

ON *Healing*

from Leah

“
Love
knows
no distance.”

Here are a few of the things that made
the biggest impact on *my healing*:



THE IDEA OF *permanency*

I really needed to know
you guys weren't gonna leave me.
I needed that sense of
permanency — that I wasn't
just another program.
You showed me **consistency**,
love, and that I **mattered**
for who I am, not just
what I was going through.



RE-GROUNDING MYSELF IN MY IDENTITY IN *Christ*

I was lost. I needed to reestablish
and strengthen that part of myself.
Through **accountability**, **hard**
conversations, and wrestling
through my **character**
development with you,
I grew stronger and started
becoming who God created
me to be.



A GENTLE ENVIRONMENT WITH STRUCTURE, *but also grace*

Clear expectations and structure,
but also the understanding that
my journey might look different.

There was no pressure,
only support.
The perfect balance of
structure and **grace** in
exactly what I needed.



When I left, you continued
the support. Having my income
supplemented for six months
kept me from panic mode
and helped me transition
with peace, not survival.

You helped me grieve, heal, and celebrate
milestones I thought I'd missed.

You reminded me that it's normal
to feel sadness and excitement
at the same time when
moving forward.

You restored parts of
me I thought were
gone forever.

“ I got to play again. I got to feel innocent and useful.
I got back in touch with a little Leah.

*It was finally OK for me to fully break down
and let my body process everything I've
been through.*

I really needed that. ”



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ON

Healing

from Sarah



“

Love knows no distance.



”

Here are a few of the things that made the biggest impact on my healing:



AFFIRMATIONS WITH ACCOUNTABILITY:

Using the clickers to give myself 100 positive affirmations daily for 30 days was almost impossible at first, but having a team around to lift me up and remind me of the gifts God gave me helped each small compliment feel more real. Slowly sharing 20 affirmations at a time came with more ease. After days of this I truly began believing them for myself!



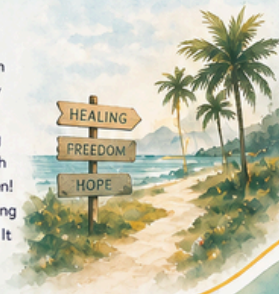
GUIDED PHYSICAL ACTIVITY:

As a survivor of such horrific trauma & ex-drug user, caring for my body began to go out the window as I lost faith in life altogether. Upon arriving at PHF I was encouraged to join the HIIT class the very next morning. Being active in small bursts with a group of women in varying physical abilities was SUCH a serotonin boost. The class taught me to make gains and feel strong- outer strength for the inner strength I thought I had lost. This grew so much pride & confidence!! I began to have a reason to get out of bed and start to make it thru a day. Yoga classes forced me to get back in tune with my body after trauma had totally disassociated me. The deep breathing and stretching allowed for deep moments with the Holy Spirit.



SPACE TO CREATE & GROW IN MY OWN LANE,

I enjoyed and thrived from the ability to bounce from bookwork to painting to worship and prayer in the war room. The tailored curriculum centered around whole healing—mind body and spirit was so uniquely perfect for healing my own wounds & the wounds the trafficking world brought me. The capstone experience of going to Florida and nannying foster children showed me a reflection of myself before trafficking, with opportunity to speak life and be a positive role model to those children! At the time I saw myself as a screw-up that couldn't be trusted, and being there for those kids taught me that I have so much to offer the world. It taught me about my own father's wounds that caused him to hurt our family. It taught me true forgiveness and to love like Jesus!



“

PHF reminded me that I am more than my past. I am deeply loved, I have a purpose, and I am not alone on this healing journey.



Healing is possible. Hope is real.”



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