



4 Behaviors to Heal from Past Relationships

PAIN FREE DATING
ONE COMMUNITY
CHURCH
ONE

SELF-REFLECT

2 Corinthians 13:5



What did I learn from the experience? What behaviors do I need to consider modifying? What is God speaking to me through the experience?

CHANGE YOUR THOUGHTS

2 Corinthians 10:5



What am I thinking about? What story am I telling others? What is the story I'm telling myself? Do I see the relationship for what it was or what it could have been?

ESTABLISH HEALTHY BOUNDARIES

2 Corinthians 6:14



What plan of separation have I created? What is my plan for moving forward? What is my plan to reject the need for closure or connection?

DEEPEN YOUR COMMUNITY

1 Corinthians 15:33



What does my community look like? What ways have I included my community in healing from the past? Does my community connect me to the person or to God?