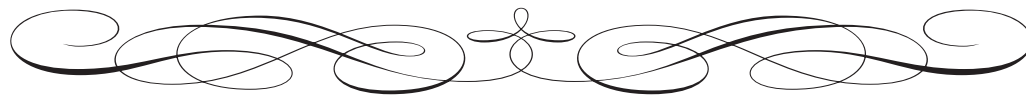


My Core Values and Beliefs

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- 1.) I believe that the best situation for children is to live in a safe environment with two emotionally healthy parents.
- 2.) I believe that to be emotionally healthy, especially in circumstances where addiction is present, requires active attendance and participation in a 12-step program, working with a 12-step sponsor or accountability partner, ongoing professional therapy and therapy work (such as journaling, self-care, mindfulness, etc.), effective communication (includes honesty and active listening), and transparency (absolute honesty with no intentional omission of relevant information).
- 3.) I believe that to find emotional wellness one might need separation from an environment that is not emotionally safe or from any individual who is not emotionally healthy or is not seeking to become so.
- 4.) I believe that two individuals must be emotionally healthy in order for a marriage to thrive. A thriving marriage is made of two thriving individuals building a relationship together. The health of a marriage is ultimately determined by the health of the individuals involved.¹ Therefore, I believe that therapy for individuals is more beneficial than marriage counseling until there is some stability in each individual's emotional state.
- 5.) I believe that maintaining reasonable boundaries in a relationship can create emotional safety between individuals.
- 6.) I believe that emotional wellness is a process that takes time, focus, and work. Evidence of emotional wellness is when an individual is able to focus on his or her own behaviors rather than the behaviors of others.
- 7.) I believe that emotional wellness begins when one is able to admit that his or her life has become unmanageable. Until this first step is taken recovery/sobriety/healing cannot be sustained.
- 8.) I believe that sobriety is not equivalent to recovery from addiction. True recovery involves a complete change in an individual's lifestyle and how he or she interacts with others. I believe that it is essential to have a minimum of 12 months of sobriety as well as 12 months of consistent addiction recovery work before an addict can experience sustained and real recovery.
- 9.) I believe that, as recovery progresses, additional evidence of change will emerge including the ability to seek peaceful resolutions to conflicts, a willingness to let go of the past, a resolve to make amends to others for offenses, and most importantly, the discontinuation of blame-shifting and/or manipulative ploys including the abusive act of gaslighting.²
- 10.) I believe and bear testimony that through Christ's profound love and ability to create miracles, lives can change for the better. Therapy, 12-step programs, and other resources for emotional health should be built on a foundation firmly planted in Christ. Faith in Christ can be strengthened through prayer, scripture study, and church attendance. Christ is the Great Healer. "Whatever Christ lays His hands upon, lives."³



¹ Savage, Jill. "Healthy Individuals Create Healthy Marriages" Originally published on FocusOnTheFamily.com.

² The National Domestic Violence Hotline. May 29, 2014. <http://www.thehotline.org/2014/05/what-is-gaslighting/>

³ Hunter, Howard W. "Reading the Scriptures" LDS General Conference. Oct. 1979. lds.org.