



The Healing Happens Now

Family Workbook

Twelve weeks of Feelings Circles, Cycle practice, and honest reflection
to break generational cycles — in real time, with compassion.

This workbook belongs to the family of:

We started on:

How to use this workbook

Type into any field on a device — or print it and write by hand. Both count.

This workbook is the companion to The Healing Happens Now, the free interactive space at wehealus.org. The website teaches; this is where the work accumulates. It holds one school semester: twelve Weekly Feelings Circles, a personal Cycle practice log, and reflection worksheets. Nothing here is graded and nothing is shared — this is your family's private record of becoming.

The rhythm

1. Once a week, hold your Feelings Circle (20–30 minutes) and fill in that week's page — during or right after.
2. A few times a week, walk the six-step Cycle on one real feeling and log it in your Cycle Practice pages.
3. Once a month or so, revisit the self-checks on the website and record your scores in the tracker here.

The six steps, for quick reference

1 • Recognize

Notice a feeling is happening — often the body knows first: tight jaw, short tone, urge to scroll.

2 • Acknowledge

Name it without arguing with it: "I notice I'm feeling resentful." Naming calms the brain's alarm.

3 • Allow

Give it permission to exist. No fixing, no judging, no evicting. It makes sense that it's here.

4 • Feel

Let it move through the body — cry if crying comes. Most waves pass in minutes when allowed.

5 • Let go

Release what it came to deliver — an exhale, a decision, a page written and closed.

6 • Repeat

Come back for the next layer. Returning feelings are depth, not failure. This is a practice.

One agreement before you begin

Nothing written or said in this workbook gets used against anyone later. This is a place to understand each other, not to win. Sign your names as a family promise:

Cycle practice log

Walk the six steps on one real feeling. Small feelings count — that's how the skill builds.

Date:

The feeling I worked with:

Where it lived in my body · what it felt like:

What happened when I allowed and felt it:

What this feeling needed me to know:

Date:

The feeling I worked with:

Where it lived in my body · what it felt like:

What happened when I allowed and felt it:

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Triggers map

When my reaction is bigger than the moment, the extra charge is mine — and it's a map.

Use this page when something small sets off something big. No shame here: a trigger is old pain asking to be included in your healing. Map up to three.

Trigger 1

What happened (the small moment):

What it touched in me · whose voice or what memory it woke:

What I want to do differently next time it flares:

Trigger 2

What happened (the small moment):

What it touched in me · whose voice or what memory it woke:

What I want to do differently next time it flares:

Trigger 3

What happened (the small moment):

What it touched in me · whose voice or what memory it woke:

What I want to do differently next time it flares:

Self-check tracker

Re-take the website self-checks monthly or quarterly. Watch the numbers move.

The three self-checks live in the Self-Checks section at wehealus.org. Record your results here – the point isn't the score, it's the direction.

Emotional awareness (out of 30)

Communication pattern (primary + count)

Positive Childhood Experiences (out of 7)

Tip: after each re-take, pick exactly one thing to practice until the next one. One built habit beats four intentions.

Our protection build plan

From self-check 3: turn each gap into one concrete build. Momentum first, perfection never.

List up to four Positive Childhood Experiences you're building — for the kids at home, or into the relationship with your grown children as it stands today.

Build 1

The experience we're building:

The one small move this month:

How it went · what we adjust:

Build 2

The experience we're building:

The one small move this month:

How it went · what we adjust:

Build 3

The experience we're building:

The one small move this month:

How it went · what we adjust:

Build 4

The experience we're building:

The one small move this month:

How it went · what we adjust:

Repair conversation planner

For any rupture — this week's snap at a child, or years with a grown one. Draft it before you speak it.

Repair has three parts: specific acknowledgment, honest impact, changed behavior. Context can come later if they ask — it is explanation, never excuse. Do your own Cycle work first so your feelings don't flood the room.

Who this repair is with:

1 · Specific acknowledgment — what I did, named plainly ("I dismissed your feelings..."):

2 · Impact — what it cost them, as best I understand it (then I will listen for the rest):

3 · Changed behavior — what I am doing differently, that they will be able to see:

My feelings I need to Cycle through first, so they don't become their job:

After the conversation — what they shared · what I'm carrying forward:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
1

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
2

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
3

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
4

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
5

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
6

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
7

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
8

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
9

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
10

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
11

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Our Feelings Circle

One family · once a week · every feeling gets a seat

Week
12

Date:

This week's opening question:

Weather reports — name · this week's internal weather

Appreciations — one specific thing each

One thing we worked out — observation · feeling · need · request

Repairs made

How we closed warm:

Next circle:

Semester reflection

Twelve circles in. Look back — gently, honestly, together.

What has changed in how our family talks about feelings?

A circle moment we'll remember:

What each of us has gotten better at naming or allowing:

A repair that mattered:

What we want the next twelve weeks to hold:

***The cycle you are breaking took generations to build.
You just spent twelve weeks building a different one. Keep going.***