day 1

# Week

12

# Day

1

# Day Title

The Inner Child in Relationships

# Lesson Name

Attachment, Love, and Belonging

# Meme

(insert meme image)

# Summary

The inner child carries memories and needs from early life that often resurface in relationships. By noticing when younger parts are activated, tending to them with compassion, and practicing self-soothing, we create greater safety within ourselves. Honoring the inner child brings both healing and joy into our relationships.

# Daily Passage

Inside each of us lives the child we once were. This inner child carries memories, unmet needs, and longings from the past. In relationships, the inner child often shows up in ways that surprise us. A small conflict can trigger a big reaction. A moment of distance can feel like abandonment. A simple request can stir up shame. These reactions are not signs of weakness. They are echoes of younger parts of us asking to be seen and cared for.

The inner child represents the parts of us that learned how to survive in our earliest environments. If love felt conditional, the inner child may have learned to hide feelings or work hard for approval. If love felt unpredictable, the inner child may have learned to cling tightly or push people away. These strategies were creative solutions at the time. As adults, however, they often resurface in relationships in ways that confuse us.

The inner child manifests in several ways. Sometimes we unconsciously project the roles of our parents or caregivers onto a partner, recreating dynamics from childhood. At other times, a partner’s silence or withdrawal can trigger intense emotional reactions, such as anger, fear, or desperation, because it stirs the old wound of being unseen or abandoned. The inner child may also bring unrealistic expectations, longing for a partner to finally provide the love, comfort, and acceptance that were missing in childhood.

To cope with these feelings, we may fall into maladaptive patterns like people-pleasing, controlling, withdrawing, or tolerating harmful behavior in order to avoid being left. Just as children often express needs nonverbally, adults with activated inner children may also communicate distress through heightened emotions, anger, or demands when words fail. Early experiences of feeling inadequate can surface as insecurity, self-doubt, or difficulty believing that we are worthy of love.

Romantic relationships often bring these dynamics to the surface. The closeness and vulnerability of intimacy touch the same tender places where our childhood wounds live. Because these relationships are where many people seek comfort, love, and validation, they often become the stage where the inner child’s unmet needs reappear most vividly. Yet no partner can fully meet the expectations of a wounded inner child. When we unknowingly demand this, disappointment and conflict follow.

Working with the inner child begins with awareness. We can start to notice moments when our reactions feel younger than our adult selves. These are times when we might say, “This feels like my five-year-old self reacting.” Instead of shaming that part of us, we can pause and listen. What does this younger self need right now? Comfort, reassurance, or space?

Relationships can offer important support, but it is essential not to expect loved ones to reparent us. Healing belongs primarily to us. Inner child work involves nurturing the wounded parts through self-compassion, processing past experiences, and creating new patterns. Practices like self-soothing, journaling, visualization, or speaking kindly to the inner child build inner safety. Somatic practices, such as placing a hand on the heart or slowing the breath, help the body remember that the present is different from the past.

This healing does not erase old wounds, but it creates space where they can be acknowledged and integrated. As we reparent ourselves, we build a stronger sense of security and become more capable of showing up authentically in relationships. Intimacy feels freer when we are not expecting others to heal us but are tending to our own younger parts with care.

The inner child is not only a source of pain. It is also a wellspring of joy, creativity, and wonder. When we reconnect with these younger parts, we rediscover spontaneity and play. Relationships flourish when they hold not only responsibility but also laughter, curiosity, and delight. By honoring both the wounds and the gifts of the inner child, we deepen our capacity for authentic love.

# Alternative View

While inner child work is powerful, it can sometimes become a way of avoiding adult responsibility. It is important to balance caring for younger parts of ourselves with showing up as adults who can communicate clearly, set boundaries, and take ownership of our actions.

# Activity

When was the last time you felt like a younger part of you was reacting in a relationship?

What does your inner child most often need when it feels activated?

How can you practice offering comfort or reassurance to your inner child?

What joyful or playful qualities from your childhood could you bring into your relationships today?

Tool to create:

Inner Child Tool

# Sources

Maté, G. (2003). *When the Body Says No*. John Wiley & Sons  
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# Domain

Relational and Community

# Modality

Group and Relational

day 2

# Week

12

# Day

2

# Day Title

Reparenting Ourselves

# Lesson Name

Attachment, Love, and Belonging

# Meme

(insert meme image)

# Summary

While relationships can offer healing, they cannot reparent us. Self-reparenting involves learning to meet our own needs with compassion and consistency, building inner safety while also allowing supportive relationships to walk alongside us. By asking, “What did I do to take care of myself today?” we begin to strengthen both self-trust and intimacy with others.

# Daily Passage

Relationships can offer profound healing, yet they cannot carry the full weight of our childhood wounds. Many of us enter adulthood with unmet needs for comfort, attention, or safety. In moments of intimacy, it is natural to long for our partners, friends, or family members to give us what we never received. While supportive relationships can provide moments of repair, they cannot replace the ongoing work of reparenting ourselves.

When the inner child is activated, we may unconsciously expect others to step into parental roles. A partner might be asked to give endless reassurance, or to never leave our side. A friend might be expected to anticipate every need, or to provide constant affirmation. These longings are understandable, but no adult relationship can fulfill the deep and chronic yearning left from childhood. When we demand this, relationships often become strained. Partners may feel exhausted, and we may feel perpetually disappointed.

Research on attachment shows that healthy, secure relationships can indeed help heal wounds (Johnson, 2008). A caring partner or community can offer corrective experiences, showing us that love can be safe and consistent. Yet balance is essential. Others can walk with us, but they cannot carry the work of healing for us. This responsibility belongs primarily to us.

Reparenting yourself means becoming the caring adult that your younger self once needed. It involves noticing when old wounds are activated and offering yourself compassion instead of criticism. It may look like telling yourself, “I see you, and you are safe now.” It may mean giving your body rest when it is tired, setting boundaries that protect your well-being, or learning to say no without guilt. These acts are not small—they are forms of parenting yourself with love and care.

Somatic practices can anchor this reparenting. When fear or shame rises, slowing your breath, grounding your feet, or placing a hand on your heart can remind your nervous system that the present is different from the past. Journaling from the perspective of your inner child can reveal unspoken needs. Speaking out loud to yourself with gentleness, or visualizing your adult self comforting your younger self, can bring healing to parts of you that once felt alone.

One helpful reflection is to ask yourself: *What did I do to take care of myself today?* This question shifts attention toward active reparenting. Perhaps you nourished yourself with healthy food, took a walk in nature, or reached out to a friend. Perhaps you honored your limits by resting or by saying no. Each of these moments counts as reparenting. Over time, these small, consistent acts build trust inside, showing the younger self that they are no longer abandoned.

Reparenting also strengthens relationships. When we take responsibility for soothing our younger parts, we free our loved ones from carrying unrealistic expectations. Instead of asking, “Will you fix this for me?” we can say, “I feel scared right now. Could you sit with me while I practice calming my body?” This invites support while still honoring our responsibility. Partners can then offer care from a place of choice, not obligation, which makes the bond lighter and more mutual.

This work does not mean we stop needing others. Humans are wired for connection, and co-regulation remains important. What changes is the balance. When we learn to reparent ourselves, we show up in relationships not from a place of desperate need but from grounded authenticity. We can ask for comfort without demanding it, and we can give care without resentment.

Reparenting is ultimately an act of empowerment. It allows us to transform old wounds into pathways of self-trust. It honors the past while refusing to let it dictate the present. It creates a foundation of inner safety that makes deeper intimacy possible. When we nurture our inner child with compassion and consistency, we discover that love no longer feels like a desperate search for what was missing. Instead, it becomes a choice to share the love we have already begun to cultivate within ourselves.

# Alternative View

Although self-reparenting is essential, no one heals in isolation. Relationships remain a vital part of growth, providing experiences of safety and care that help us internalize new patterns. The key is balance—allowing others to support us while not expecting them to carry the entire work of our healing.

# Activity

What unmet needs from childhood still echo in your relationships today?

What is one way you can reparent yourself this week, either through rest, boundaries, or self-compassion?

When have you noticed yourself expecting someone else to take on the role of parent?

How does it feel to ask, “What did you do to take care of yourself today?” and answer honestly?

Tools to create:

Unmet Childhood Needs

Reparenting

# Sources

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# Domain

Relational and Community

# Modality

Group and Relational

day 3

# Week

12

# Day

3

# Day Title

Self-Compassion in Attachment Healing

# Lesson Name

Attachment, Love, and Belonging

# Meme

(insert meme image)

# Summary

Self-compassion is essential for healing attachment wounds. By practicing kindness, common humanity, and mindfulness, we create an inner secure base. Compassion helps soothe anxious fear, soften avoidant defenses, and bring stability to disorganized patterns. Each act of self-kindness rewrites old scripts and builds safety within.

# Daily Passage

Healing attachment wounds is not only about understanding the past or learning new relationship skills. It is also about how we treat ourselves in the present. Many of us carry harsh inner voices, born from early criticism, neglect, or unmet needs. These voices tell us we are too much, not enough, or unworthy of love. Self-compassion offers a different path. It invites us to treat ourselves with the same kindness and care we long to receive from others.

Self-compassion is more than positive thinking. Psychologist Kristin Neff (2003) describes it as having three elements: self-kindness instead of self-judgment, recognizing our common humanity instead of feeling isolated, and mindfulness instead of over-identification with pain. These practices help us create an inner environment that feels safe and supportive. For people working through attachment wounds, this is vital. If we grew up feeling unseen or rejected, offering ourselves compassion is a way of building a secure base within.

Consider the anxious attachment pattern. The nervous system in this style often carries a fear of abandonment and a hunger for reassurance. Self-compassion offers tools to soothe that inner panic. By placing a hand on the heart and saying, “I am here for you. I will not leave you,” we send signals of safety to the body. These words may feel awkward at first, but over time they build a new sense of trust.

For those with avoidant attachment, self-compassion can help soften the walls built to keep others at a distance. Instead of pushing away feelings with judgment, we can practice welcoming them with curiosity. Saying, “It makes sense that I want space, and I can still stay connected to myself,” creates room for both autonomy and care. Self-compassion bridges the gap between self-protection and openness.

In disorganized attachment, where fear and longing often clash, self-compassion is especially powerful. The inner dialogue might sound like, “Part of me feels scared to be close, and part of me longs for connection. Both parts deserve kindness.” By honoring each side with compassion, we reduce the inner war and create more stability inside.

Somatic practices can make compassion more embodied. Gentle touch, slow breathing, and grounding exercises help translate kind thoughts into felt experiences. For example, pausing to notice warmth in the chest while repeating a compassionate phrase helps the nervous system anchor in safety. When practiced regularly, these small gestures retrain the body to associate love with calm rather than fear.

Self-compassion also supports healthier relationships. When we treat ourselves harshly, we often carry that harshness into our connections with others. By contrast, when we learn to be gentle with ourselves, we approach loved ones with more patience and understanding. Compassion creates a ripple effect: the way we hold ourselves becomes the way we hold others.

It is important to remember that self-compassion is a practice, not a destination. Old critical voices will still arise, especially when we feel triggered. The difference is that we can now meet those voices with a new response. Instead of spiraling into shame, we can pause and say, “This is a moment of struggle. Others feel this too. I can offer myself kindness right now.” Each time we choose compassion over judgment, we strengthen new pathways of safety.

Self-compassion does not erase the past, but it gives us the power to create a new present. It allows us to stop waiting for others to prove our worth and begin cultivating it from within. By offering ourselves the care we once longed for, we create a secure base that travels with us into every relationship.

# Alternative View

While self-compassion is powerful, it can feel foreign or even uncomfortable at first, especially for those who grew up with criticism or neglect. In these cases, starting small and pairing self-compassion with supportive relationships can make the practice more sustainable.

# Activity

What phrases of self-kindness feel soothing to you, even if they feel awkward at first?

How does your body respond when you place a hand on your heart and offer compassion?

In what ways does self-criticism show up in your relationships, and how might compassion shift that pattern?

What is one small act of compassion you can practice today toward yourself?

Self Compassion Tool

# Sources

Neff, K. (2003). *Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself*. Self and Identity, 2(2), 85–101  
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# Domain

Relational and Community

# Modality

Group and Relational

day 4

# Week

12

# Day

4

# Day Title

Loneliness and the Longing for Connection

# Lesson Name

Attachment, Love, and Belonging

# Meme

(insert meme image)

# Summary

Loneliness is not simply being alone but feeling disconnected and unseen. It impacts both body and mind, activating deep survival fears. Healing begins with compassion, small steps toward reconnection, and remembering that belonging can also be found in nature and the wider web of life.

# Daily Passage

Loneliness is one of the most painful human experiences. It is more than simply being alone. True loneliness is the ache of disconnection, the sense that we are unseen, unheard, or unimportant. It can happen in a crowded room or even in a long-term relationship. Loneliness cuts deep because it touches our most basic need: to belong.

Research shows that loneliness has profound effects on both mental and physical health. Psychologist John Cacioppo (2008) found that chronic loneliness increases stress hormones, weakens immunity, and raises the risk of depression. From an evolutionary perspective, this makes sense. Human beings are wired for connection. In the past, isolation from the group could mean danger or death. Our nervous systems still carry that truth, which is why loneliness can feel like a threat to survival.

Loneliness often activates the inner child. When connection feels absent, the younger parts of us may interpret it as abandonment. Old memories of being left out, dismissed, or ignored rise to the surface. We may respond with self-criticism; “There must be something wrong with me”, or by grasping for attention. Others may withdraw further, convinced they do not deserve love. In both cases, the cycle of loneliness deepens.

It is important to distinguish loneliness from solitude. Solitude is a chosen state of being alone, often nourishing and restorative. Loneliness, by contrast, feels imposed. It is the absence of the connection we long for. Naming this difference can help us honor our needs more clearly. Sometimes what we crave is not simply company but a sense of being known and valued.

Healing loneliness begins with compassion. Instead of shaming ourselves for feeling lonely, we can recognize it as a signal of our humanity. Loneliness is not proof of inadequacy. It is evidence of our deep need for connection. Offering ourselves kindness in lonely moments softens the sting and opens space for change.

From there, we can take small steps toward reconnection. This might mean reaching out to a friend, joining a community, or volunteering. Even simple exchanges, such as smiling at a stranger, chatting with a neighbor, help the nervous system feel part of the human circle. While these steps may feel vulnerable, they remind us that connection is possible.

It also helps to turn toward the body in moments of loneliness. Placing a hand on the heart, breathing slowly, or saying, “I am here with you,” provides grounding. These gestures do not erase the need for others, but they reassure the younger parts of us that we are not completely alone. When we practice self-compassion alongside seeking connection, loneliness becomes less overwhelming.

Another antidote to loneliness is cultivating a sense of belonging beyond human relationships. Many people find comfort in connecting with nature, animals, or spiritual practices. Sitting under a tree, walking barefoot on the earth, or noticing the rhythm of the seasons can remind us that we are part of a larger web of life. This does not replace human intimacy, but it broadens our sense of belonging.

Loneliness will visit everyone at times. It is part of being human. The goal is not to avoid it entirely but to meet it with awareness and care. When we recognize loneliness as a call to connection, we can respond with kindness to ourselves and with courage to reach toward others. In doing so, we transform loneliness from a silent ache into a doorway toward deeper belonging.

# Alternative View

Although loneliness feels painful, it can also act as a teacher. Periods of loneliness sometimes spark creativity, reflection, or spiritual growth. While seeking connection is vital, there can also be value in learning what loneliness reveals about our longings and priorities.

# Activity

When have you felt most lonely, and what did your body feel like in that moment?

How do you distinguish between loneliness and nourishing solitude?

What small step toward connection could you take this week?

Where do you find belonging outside of human relationships?

# Sources

Cacioppo, J. T., & Patrick, W. (2008). *Loneliness: Human Nature and the Need for Social Connection*. W. W. Norton  
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# Domain

Relational and Community

# Modality

Group and Relational

day 5

# Week

12

# Day

5

# Day Title

Belonging in Community

# Lesson Name

Attachment, Love, and Belonging

# Meme

(insert meme image)

# Summary

### Community belonging gives us a sense of place in the larger web of life. It nourishes resilience, distributes care, and offers opportunities for co-regulation. While communities can bring challenges, they also provide the collective connection we need to thrive.

# Daily Passage

# Belonging does not only happen in our closest relationships. It also lives in the communities we create and join. From family and friendships to neighborhoods, workplaces, and spiritual groups, community gives us a sense of place in the wider world. When we belong in community, we feel woven into something larger than ourselves. This sense of connection strengthens resilience, nourishes identity, and helps us remember that we are not alone.

### Humans are wired for community. Anthropologists remind us that throughout history, survival depended on being part of a group. We hunted, gathered, and protected one another together. Even today, our nervous system carries this truth. Social connection lowers stress hormones, strengthens immunity, and improves mental health (Cacioppo & Patrick, 2008). Community belonging is not a luxury. It is a core part of well-being.

### Yet for many, belonging in community feels complicated. Some people carry memories of exclusion or rejection from school, family, or cultural groups. Others may struggle with communities that demand conformity at the cost of authenticity. These experiences can make us cautious, unsure if true belonging is possible. Here we return to Gabor Maté’s insight that children will trade authenticity for attachment. Adults can do the same with community, silencing parts of themselves in order to fit in. The challenge is to seek communities that welcome us as we are, rather than ones that require us to shrink.

### Belonging in community shows up in different ways. For some, it is found in religious or spiritual groups. For others, it is rooted in activism, sports teams, creative collectives, or shared interests. Even informal gatherings—like a book club, a hiking group, or neighbors sharing meals—can foster belonging. What matters is not the size or form of the community but whether we feel safe, valued, and connected within it.

### One of the most healing aspects of community is the way it distributes care. When we struggle, being held by a network of people lightens the weight. A partner or close friend cannot always meet all of our needs. Community offers a broader circle of support. At the same time, community invites us to show up for others, strengthening bonds of reciprocity and reminding us that we matter.

### Community also offers opportunities for co-regulation. When we are in a group that feels safe, our nervous system settles. Think of the calm that comes from singing with others, the ease of sharing laughter in a circle of friends, or the grounding of working side by side toward a shared goal. These moments remind us that regulation and belonging are not only individual but collective experiences.

### Still, community is not without challenges. Conflicts, misunderstandings, and unmet expectations are inevitable. True belonging in community requires patience, curiosity, and repair. It means staying engaged even when tensions arise, while also discerning when a community no longer feels healthy or supportive. Belonging does not mean tolerating harm. It means finding places where both connection and authenticity are possible.

### To cultivate community belonging, we can start small. Saying yes to invitations, volunteering, or reaching out to neighbors are simple steps that open doors. We can also reflect on the communities we already have, noticing where we feel most alive and accepted. Sometimes belonging is already present, waiting to be recognized and nurtured.

### Belonging in community reminds us that healing and growth do not happen in isolation. We need circles of care, places where we can contribute and be held. By seeking out and tending to communities that honor both our individuality and our shared humanity, we find ourselves woven into something larger. And in that weaving, we discover strength, meaning, and joy.

# Alternative View

### Not every community will feel safe or supportive. Some demand conformity or create pressure to abandon authenticity. It is important to choose communities that allow both connection and individuality, and to leave those that consistently cause harm.

# Activity

Where in your life have you felt the strongest sense of belonging in community?

What communities currently give you energy, and which ones leave you feeling drained?

What small step could you take this week to deepen your sense of connection to a group?

### How might you show up in ways that support the belonging of others in your community?

# Sources

### Cacioppo, J. T., & Patrick, W. (2008). *Loneliness: Human Nature and the Need for Social Connection*. W. W. Norton Maté, G. (2003). *When the Body Says No*. John Wiley & Sons Brown, B. (2010). *The Gifts of Imperfection*. Hazelden Johnson, S. (2008). *Hold Me Tight*. Little, Brown Spark

# Domain

Relational and Community

# Modality

Community and Service Oriented

day 6

# Week

12

# Day

6

# Day Title

Belonging to the Earth

# Lesson Name

Attachment, Love, and Belonging

# Meme

(insert meme image)

# Summary

Belonging to the Earth connects us to our deepest and most ancient home. Nature calms the nervous system, restores perspective, and reminds us that we are part of a larger web of life. This belonging carries both comfort and responsibility, inviting us into gratitude, care, and stewardship.

# Daily Passage

Beyond our relationships with people and communities, there is a more ancient belonging that holds us all: our belonging to the Earth. Long before modern life pulled us into screens and cities, humans lived in intimate relationship with land, sky, water, and animals. This belonging is still within us. The Earth is our first and ultimate home. Remembering this connection can soften loneliness, strengthen resilience, and bring us back to a sense of wholeness.

Many of us experience belonging most vividly in nature. Sitting beneath a tree, walking beside the ocean, or lying under the stars reminds us that we are part of something vast and alive. These moments calm the nervous system. Research shows that spending time in natural settings reduces stress, lowers blood pressure, and improves mood (Ulrich, 1991). Nature offers co-regulation in its own way. The steady rhythm of waves, the rustle of leaves, or the warmth of sunlight helps our bodies settle, reminding us that we are held by more than human connection.

Belonging to the Earth is not only about comfort. It also calls us into responsibility. Indigenous traditions have long taught that belonging is mutual: we are part of the Earth, and the Earth is part of us. To belong is to care, to honor the land that sustains us, and to protect it for future generations. In this view, relationship with the Earth is not something we visit on weekends but something we live every day through gratitude and stewardship.

This kind of belonging can be especially healing when human relationships feel fragile. If we are struggling with loneliness, heartbreak, or disconnection, turning to the Earth reminds us that we are never fully alone. The soil under our feet, the air in our lungs, and the water we drink are all forms of relationship. They connect us to the larger web of life in every moment.

At the same time, belonging to the Earth can stir grief. Many of us feel the pain of environmental destruction, climate change, and disconnection from ancestral lands. This grief is real, and acknowledging it is part of belonging. When we allow ourselves to feel both the love and the sorrow, we step into a deeper relationship with the Earth, one that is honest and alive.

Cultivating this belonging can start with simple practices. Spending time outdoors, even for a few minutes a day, builds connection. Paying attention to the small details, such as the song of a bird, the texture of a leaf, the feeling of wind on the skin, anchors us in the present. Offering gratitude, whether silently or aloud, strengthens the bond. Some people find ritual, such as planting a garden, tending a plant, or walking mindfully in nature, to be a powerful way of remembering their place in the circle of life.

Belonging to the Earth also means letting ourselves be restored by it. When we are tired, nature invites us to rest. When we feel scattered, it grounds us. When we feel small or overwhelmed, it reminds us of a larger perspective. This is not about escaping human challenges but about remembering that we are held in a web of life that extends beyond them.

Attachment, intimacy, community; all of these are part of the larger belonging that includes the Earth itself. By remembering this connection, we find steadiness, perspective, and renewal. We are not separate. We are part of the living world, and the Earth welcomes us home.

# Alternative View

While nature can provide deep belonging, not everyone has easy access to safe or restorative natural spaces. For some, urban life or past experiences may make this connection challenging. In these cases, small practices like tending a houseplant or noticing the sky can still nurture belonging.

When do you feel most connected to the Earth, and what sensations arise in your body in those moments?

How might you bring small rituals of gratitude for nature into your daily life?

What grief or longing do you carry about your relationship with the Earth, and how might you honor it?

In what ways can you care for the Earth as part of your practice of belonging?

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# Domain

Nature

# Modality

Nature and Earth