

Empowerment Therapy

Restoration Process

Myra Walden

1. **Empathy** — Ask a trusted person to listen to you, someone that you know won't judge you. Ask them to refrain from justifying your actions or comforting you in any way. Request that they listen silently, with an open heart. Talk about what you did that is troubling you.
2. **Unmet Needs** — Identify the needs that you did not meet by your action. Connect with the most important need for you.
3. **Mourning (where growth takes place)** — How do you feel about this unmet need? Connect with your feelings and allow ample space to mourn.
4. **Needs You Were Trying to Meet (where guilt dissipates)** — What needs were you trying to meet with this action?
5. **Restoration** — What can you do at this time to restore wholeness to the relationship or situation?
6. **Alternative Strategy** — Now or in the future, what can you do to meet all of the needs above? What strategy can you employ that would be less costly and more effective?