



BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

Activity

Open the session: “Today we are going to focus on relationship skills. We are going to explore things in relationships that have brought us joy and the things that others do that make us feel safe.”

I have handed you a worksheet. On the worksheet we are going to share times in our relationships when we felt safe and loved. Fill the worksheet out and then we will discuss.

Have participants fill out Healing and Accountability Worksheet One.

Bring the group back together to discuss.

Questions for the group

- What did they write?
- What was that like to remember a time that they felt loved?

Write down themes on the easel pad.

Bring up a Powerpoint or image of the Healing & Accountability Wheel.

Introduce the Healing and Accountability Wheel by saying:

“This is the Healing and Accountability Wheel. It’s a tool that can help us develop strategies for building loving relationships. We are going to use this wheel to guide our conversation today.

To review it, I am going to ask that several people to read each section of the wheel until we finish it.”

(Participants read the wheel)

Facilitator passes out Healing & Love Worksheet Two: Reviews the worksheet. Instructs participants to complete the second worksheet using the wheel.



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Participants complete the worksheet and share responses with the larger group.

Facilitator asks each question individually, going around the room for each.

- What did you notice about what made you feel safe?
- What did you notice about what made you feel loved?
- What did you learn about yourself?
- What skills do you feel you need to learn to embody concepts on the wheel?
- What kind of support do you need?
- What skills do your partners/friends need to do better with you?

Have participants write down things they can do to help themselves.

*Hint: Connect folks with local resources that correspond to skills building for each of the wheel sections. For example, a therapist or counselor in the area, or a yoga teacher.

Close out the activity: Have participants share things they can do to help build their relationship skills.

Take aways: After everyone has shared, have participants share one takeaway from the activity today.



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Name a time when you felt loved by a partner or friend. What did they do that made you feel loved?

Name a time when you felt safe with a partner or friend. What did they do that made you feel safe?



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Review the Healing & Accountability Wheel. Which sections are filled with things that make you feel safe?

Which sections reflect actions that make you feel loved?

Which sections do you feel you need to work on more in your relationships?

What skills do you need to work on these things? What resources do you need?

**Which sections reflect things that you do really well in your relationships?
How did you learn to do them so well?**

The logo for BEAM features the letters 'B', 'E', 'A', and 'M' in a bold, sans-serif font. Each letter is filled with a vertical gradient that transitions from a bright yellow at the top to a deep blue at the bottom. The letters are closely spaced and have a slight shadow effect.

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