MIND WELLNESS INSTITUTE
INTEGRATIVE WELLNESS SERVICES

A PERSONAL & SHARED INVITATION

The L.O.V.E. Revolution

Unraveling the Certainty of Separation in All Relations, Including Ourselves

A **Win-Win Philosophy** for individual identity, relationships, families, communities, and the systems we shape together.

I exist. You exist. Neither of us must disappear for the other to belong.

REFLECT • PLEDGE • CARRY FORWARD

YVONNE DEJEAN, LICSW

Psychotherapist | Transformational Wellness Coach | Certified Brainspotting Practitioner

01 / A LETTER FROM YVONNE

What if no one had to disappear?

Have you ever left a conversation wondering why you felt guilty for expressing something that mattered to you? Perhaps you have become skilled at understanding everyone else while quietly losing sight of your own needs. Or perhaps you have felt so certain about another person's intentions that curiosity no longer seemed possible.

Most of us want to feel seen, safe, valued, and connected. Yet we may learn that belonging depends on being agreeable, useful, successful, or easy to love. We can carry these conditions into our closest relationships without ever consciously choosing them.

> "What if connection did not require anyone to surrender their identity?"

The L.O.V.E. Revolution is an invitation to explore that possibility. It begins within the individual, extends into relationships and the systems we shape together, and returns to us through what we learn. It is not a demand that everyone agree. It is an invitation to make room for truth, dignity, responsibility, and authentic relation.

This complimentary guide offers a reflective practice you can use today. Begin with one interaction, one boundary, or one honest question. You do not need another person's permission to begin relating to yourself differently.

> "I exist. You exist. Neither of us must disappear for the other to belong."

YVONNE DEJEAN, LICSW | FOUNDER, MIND WELLNESS INSTITUTE

02 / THE FOUNDATION

The lie that keeps us unseen

What happens when we begin to believe that who we are is not enough? That our feelings are inconvenient, our needs burdensome, or our worth dependent on meeting someone else's expectations? We may silence ourselves, question our perceptions, or become who we believe others need us to be.

What begins as an attempt to preserve connection can become a pattern of self-abandonment. And because we exist in relationship, its effects do not end with one person. Families, communities, workplaces, and institutions may reinforce conditions that make authentic expression feel unsafe.

> "A collective cannot fully recognize its members while requiring them to deny who they are."

EXPERIENCE IS REAL; INTERPRETATION REMAINS OPEN

Your emotions and bodily responses deserve attention. They do not automatically establish another person's intentions or the full facts of a situation. Inner truth means recognizing your experience while remaining willing to examine assumptions, evidence, context, and uncertainty.

WE ARE SHAPED, NOT OWNED

We inherit language, traditions, strengths, expectations, and protective patterns. We can honor what nourishes us and question what constrains us. Our histories influence us without having to become the final authority on our identity.

> "The lie is not that you feel unseen. It is the belief that you must erase yourself to deserve belonging."

03 / THE ETHICAL COMMITMENT

What “win-win” really means

Win-win is not a promise that everyone receives their preferred outcome. It is an ethical commitment to approach differences without denying anyone’s inherent worth. Boundaries may disappoint. Relationships may change or end. Safety, accountability, and justice sometimes require decisive limits.

MICRO / SELF

I can recognize my needs, examine inherited beliefs, and act in alignment with my values. I can belong to myself without making another person responsible for my identity.

MEZZO / RELATIONSHIPS AND FAMILIES

We can listen without surrendering discernment, set limits without denying humanity, and attempt repair where there is mutual willingness and safety. Two experiences can matter even when two interpretations differ.

MACRO / COMMUNITY AND SOCIETY

We can ask whose perspectives are missing, who bears the costs of established expectations, and how institutions might better support fairness, participation, agency, and collective well-being.

> “How might we approach differences with mutual respect without denying anyone’s worth?”

One person can interrupt a familiar pattern by choosing a different response. That choice cannot guarantee reciprocity, but it can create an opportunity for a different interaction.

04 / REVERSE THE DIRECTION

Within → All → Within

We influence the people and systems around us, and they influence us in return. Change may begin within a person or through the conditions around them. The invitation is to notice, choose, relate, learn, and begin again.

INSIDE → OUTSIDE

Notice your thoughts, sensations, emotions, values, and needs. Separate the event from the meaning you assigned to it. Choose an honest action with a clear boundary. Observe what your action creates, interrupts, or reveals.

OUTSIDE → INSIDE

Notice the expectations, roles, power dynamics, and inherited patterns in your family, workplace, or community. Ask how they affect individuals. Welcome feedback where safe. Bring what you learn back into your own awareness and decisions.

> “The aim is coherence, not control: a life in which your actions increasingly reflect what you know and value.”

A RELATABLE MOMENT

Someone asks you to take on another responsibility when you are overwhelmed. An old story says, “If I say no, I will disappoint them and lose my place.” A different response might be: “I care about this, but I cannot take it on this week.”

You cannot choose their reaction. You can choose not to make your worth dependent on it.

05 / THE DAILY PRACTICE

L.O.V.E. in action

Think of one recent interaction that stayed with you. Move through the following steps gently. If reflection becomes overwhelming, pause and seek appropriate support.

L / LISTEN

Receive your experience before defending or dismissing it. What am I feeling in my mind and body? What need, value, or fear deserves attention?

O / OBSERVE

Separate what happened from what you inferred. What do I know? What am I assuming? What might my history be adding? What remains uncertain?

V / VALIDATE

Acknowledge your experience without treating every interpretation as fact. Can I honor my feelings and needs while recognizing another person’s dignity?

E / EMBODY

Choose one observable action consistent with your values, boundaries, and responsibilities. What can I do without trying to control the outcome?

> “Pause. Notice. Discern. Choose. Relate. Learn. Begin again.”

TRY THIS TODAY

Finish three sentences: “I noticed…” “I may be assuming…” “The next honest action I can take is…” Small, responsible choices are more useful than a promise to change everything at once.

06 / HOLDING SPACE

Love without self-abandonment

Some relationships change. Some become distant. Some end. Sometimes we lose people through death, and the absence is real. None of these experiences should be reduced to a verdict on our worth or a simple explanation of what someone felt.

HOLD SPACE, NOT YOUR LIFE ON HOLD

Holding space may mean remaining open to a respectful future conversation while continuing to live, heal, and honor your boundaries. It does not require waiting indefinitely, tolerating harm, or persuading someone to return.

TRUTH IS NOT THE SAME AS CERTAINTY

We may never know everything another person experienced or intended. We can name what happened, acknowledge its impact, and resist turning uncertainty into a story that diminishes either person.

WHAT WE PASS FORWARD

Children, families, colleagues, and communities learn from what we normalize. When we model honest expression, compassionate limits, and accountability, we may interrupt patterns that once seemed inevitable.

> “You can leave room for another person without leaving yourself behind.”

Reciprocity requires more than one person’s participation. But the choice to stop abandoning yourself can begin with you.

07 / A COMMITMENT TO CARRY

The Win-Win Pledge

This is a freely chosen commitment, not a test or a demand for agreement. Read it, adapt it to your conscience, and make it your own.

- I acknowledge that I exist, my life has inherent worth, and the same is true of others.
- I will listen to my experience without confusing every feeling or interpretation with fact.
- I will question inherited conditions that tell me I must disappear to belong.
- I will practice love through honesty, compassion, boundaries, freedom, and accountability.
- I will not abandon myself for acceptance or ask another person to erase themselves for mine.
- I will respect difference, seek repair when appropriate, and accept what I cannot control.
- I will extend concern for dignity into my family, community, and the systems I influence.
- I will choose one responsible action, learn from what follows, and begin again.

> “I can be fully myself and make room for you to be fully yourself, too.”

MY COMMITMENT

I choose to practice with integrity, safety, and respect for others’ freedom.

Name / signature: _____ Date: _____

08 / MAKE IT PERSONAL

What I will carry forward

Start with one situation—not every relationship at once. Write what is true for you today and choose what is within your responsibility and capacity.

1. WHAT IS TRUE FOR ME TODAY?

2. WHAT EXPECTATION OR INHERITED PATTERN AM I READY TO EXAMINE?

3. WHERE CAN I HOLD SPACE WITHOUT ABANDONING MYSELF?

4. WHO ELSE IS AFFECTED, AND WHAT DIGNITY MUST I HONOR?

5. WHAT IS ONE OBSERVABLE WIN-WIN ACTION I CAN TAKE?

6. WHAT WILL I NOTICE, LEARN, AND CARRY INTO MY NEXT CHOICE?

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