MIND WELLNESS INSTITUTE
INTEGRATIVE WELLNESS SERVICES

A PERSONAL & SHARED INVITATION

The L.O.V.E. Revolution

Love, the Highest Form of Authentic Relation

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

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01 / A LETTER FROM YVONNE

Why this matters

What if we reversed the question we ask about belonging? Instead of asking how a person must change to fit within a relationship or system, what if we first asked how that relationship or system could recognize the dignity, freedom, and individuality of every person within it?

I developed The L.O.V.E. Revolution from a lifetime of questions about love, identity, suffering, responsibility, and what we pass from one generation to the next. My perspective is shaped by Christian faith, clinical social work, psychotherapy, Brainspotting, and the experience of loving people through profound change and loss.

I have known grief that cannot be reduced to a single cause or explained by a simple story. I do not claim to know every struggle another person carried or why a life unfolded as it did. Instead, loss has sharpened my commitment to what we can choose among the living: to listen more carefully, make room for honest experience, preserve dignity, and respond to suffering with compassion and responsibility.

My faith begins with love and the belief that human life has inherent worth. My profession requires respect for evidence, difference, autonomy, safety, and the limits of what we know. These are not competing commitments. Together, they call me to ask whether our everyday relationships make space for people to exist as themselves.

The Love Revolution is not a demand to accept my truth. It is an invitation to discover your own experience with humility, to distinguish what you know from what you assume, and to honor the same freedom in others.

> *"The revolution begins within. Its impact extends to all. And what comes back to us can become the beginning of a different way forward."*

YVONNE DEJEAN, LICSW

Founder, Mind Wellness Institute, LLC

02 / THE FOUNDATION

Truth without erasure

I exist. This is the starting point. My life and lived experience matter. So do yours. No person, family, institution, or belief system has the power to make another human being inherently less worthy.

WE ARE SHAPED, NOT OWNED

We enter families, communities, cultures, and histories before we can name ourselves. We receive love, language, traditions, expectations, and sometimes inherited fear or protective patterns. Some of these gifts sustain us. Others call for examination. Our history may shape our identity without becoming its final authority.

EXPERIENCE IS REAL; INTERPRETATION REMAINS OPEN

An emotion or bodily sensation deserves recognition, but it does not automatically establish the facts of another person's intentions. To live truthfully is to distinguish events from meaning, inherited stories from present evidence, and convictions from what remains uncertain. Truth requires both courage and the willingness to be corrected.

FAITH IS A FOUNDATION, NOT A REQUIREMENT

My Christian/Catholic faith understands God as love and human dignity as inherent. It guides my personal commitment to truth, charity, freedom, mercy, and responsibility. This invitation welcomes readers of any faith or none. Spiritual reflection remains a matter of personal choice, never a condition of belonging or care.

The central invitation
Remain fully a person in relation to others, and allow them the same dignity. Individuality without erasure. Connection without coercion. Responsibility without ownership.

03 / THE ETHICAL COMMITMENT

What “win-win” means

A Win-Win Policy is an ethical aspiration for how we relate, not a promise that every person receives their preferred outcome. People will disagree. Boundaries may disappoint. Relationships may end. Safety and justice may require decisive limits. Yet no person’s inherent worth must be denied for another person’s dignity to be recognized.

MICRO / SELF

I can discover my values, recognize my needs, question inherited assumptions, and practice freedom with accountability. I do not need to betray myself to belong.

MEZZO / RELATIONSHIPS & FAMILIES

We can listen without surrendering discernment; set boundaries without denying humanity; and repair where there is mutual willingness, respect, and safety.

MACRO / COMMUNITY & SOCIETY

We can ask whose voice is missing, who carries the cost, and how policies or institutions can better support dignity, participation, fairness, and collective well-being.

A win-win question to bring forward: “Can I honor what matters to me while recognizing your equal worth—and honestly naming the limits, risks, and responsibilities involved?”

04 / REVERSE THE DIRECTION

Within → All → Within

Human beings both shape and are shaped by their relationships. Change can begin in either direction. The possibility is to stop treating belonging as a one-way demand and to make the relationship itself worthy of examination.

INSIDE OUT

Begin with the person

Notice mind, body, and authentic experience.

Choose an action aligned with values.

Relate with honesty and boundaries.

Notice the pattern that action creates in family, work, and society.

OUTSIDE IN

Begin with the system

Notice expectations, power, culture, and inherited patterns.

Ask how they affect individuals.

Invite feedback, repair, and structural change.

Let what is learned return to the person with greater choice.

THE RECURSIVE PRACTICE

RECEIVE LISTEN OBSERVE VALIDATE

DISCERN / CHOOSE EMBODY RELATE

PATTERN RETURN RECEIVE AGAIN

The purpose is not perfect harmony or control. It is a growing capacity for coherence, freedom, responsibility, and thoughtful participation in what comes next.

05 / THE DAILY PRACTICE

L.O.V.E. in action

Mind • Body • Authentic Experience. This is a reflective practice: use what helps you become more aware and responsible. You may pause or seek support whenever a reflection feels overwhelming.

L

LISTEN

Receive your experience before trying to change or defend it.

What is happening within me right now?

O

OBSERVE

Separate what happened from what you inferred; notice history, context, and what remains unknown.

What do I know, assume, or still need to learn?

V

VALIDATE

Acknowledge emotions, needs, grief, and difference without declaring every interpretation true.

Can I honor my experience and another person’s dignity?

E

EMBODY

Choose one observable action consistent with your values, boundaries, and responsibilities.

What can I do without controlling the outcome?

AFTER YOU ACT

Notice what happened between you and the world around you. What did your action reveal, reinforce, interrupt, or create? Let the answer become information for the next cycle.

06 / HOLDING SPACE

Love without self-abandonment

Some relationships change. Some become distant. Some end. Some people we love die, and the absence they leave is real. None of these experiences should be simplified into a verdict about a person's worth, a single cause of suffering, or whether the love once felt was true.

WHEN A LIVING RELATIONSHIP CHANGES

Holding space for someone's return can mean remaining open to a future conversation or repair without placing your life on hold. You may hope, grieve, or forgive without surrendering your identity, safety, or boundaries. Reciprocity cannot be created by one person alone. If the other person does not return, the hoped-for relationship may not be possible; your dignity remains intact.

WHEN SOMEONE IS GONE

Grief is not a failure of truth. We can carry someone's influence, remember what mattered, and make meaning from the relationship without claiming to explain the death or expecting an impossible return. A painful ending does not erase an authentic moment of love.

WHAT WE INHERIT; WHAT WE CHOOSE

We may inherit emotional patterns, family narratives, strengths, silences, and ways of protecting ourselves. We need not condemn our ancestors or repeat every pattern. We can honor the past, examine its effects, and decide what kind of connection we wish to practice and pass forward.

Hold space, not self-erasure.
I may leave room for reconciliation without demanding it. I can tell the truth about what happened without calling every painful ending a lie. My identity and inherent worth do not depend on another person's return.

07 / A COMMITMENT TO CARRY

The Win-Win Pledge

This is a freely chosen commitment, not a test, contract, or requirement to agree with anyone else's beliefs. Read it, adapt it to your conscience, and make it your own.

- I acknowledge that I exist, that my life has inherent worth, and that the same is true of others.
- I will listen to my experience without confusing every feeling or interpretation with fact.
- I will examine what I have inherited, preserve what is life-giving, and question what causes harm.
- I will practice love with freedom, honesty, compassion, boundaries, and accountability.
- I will not abandon myself to secure belonging, nor ask another person to disappear for mine.
- I will respect difference, seek repair where appropriate, and accept what I cannot control.
- I will extend the same concern for dignity to my family, community, and the systems I influence.
- I will choose one responsible action today, learn from what follows, and begin again.

MY COMMITMENT

By choosing this pledge, I commit to practicing it in ways consistent with safety, integrity, and respect for the freedom of others.

Name / signature: _____ Date: _____

08 / MAKE IT PERSONAL

What I will carry forward

You may print this page, type into the fields, or return whenever you are ready. Begin with one situation—not every relationship at once. Choose only 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?

A word to bring forward: “I can be myself. You can be yourself. Neither of us must lose our worth for the other to be free.”

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