

Check-up: The healing process



Use the following checklist to think about the process of healing and where your group, community or nation is at.

Keep in mind that healing won't look the same for every group, and people will be at different stages of their healing journey.

Individuals in our organisation, community or nation have the willingness to heal.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree

Our organisation, community or nation can come together, collectively, and support each other on the healing journey.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree

Our leadership is able and willing to help transform our organisation, community or nation through social repair and healing.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree

There are culturally safe spaces where relationships can be repaired, and disputes healed.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree

We have a clear future vision identified, and we know how that vision can be realised.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree

There is a clear idea of what cultural practices will guide the healing journey, and the social, cultural and spiritual renewal that needs to take place.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree

There is room for healing to be embedded within our existing governance structures, processes and future goals.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree

Our group is committed to understanding and addressing the root cause of trauma. This means we have a clear understanding of how settler-colonialism has impacted us in the past and continues to impact us today.



Strongly agree



Agree



Unsure



Disagree



Strongly disagree