

## What Women Are Saying About the Emotionally Healthy Women Group

“Please continue to offer this class. It was very helpful and included much important information. All sessions were helpful. We need to stop blaming others and ourselves. Before taking EHW, I cared about what other people thought more than I needed to. I often would assume that other people felt (or reasoned) the way I did. I wasn’t specific in my preferences. It was helpful being in a group because of feedback from others and how they had dealt with situations. By implementing principles discussed in the group, everything is better because we have learned ways to handle situations in a positive, helpful way. The biggest take-a-way I got was that believing in my values is important for my emotional well-being.”

-Mary Lee Clements (no relation to Wendy!)

“All sessions were great as they all focus on self-awareness, self-care and being true and authentic to self in order for you to grow deeper in connection with God and live the life He planned for you. I lived way too many years believing the lie Satan has wanted me to. I have found better, positive, fulfilling ways to change the negative thinking. I was feeling emotionally drained, trying to do too much, making unrealistic goals and demands on myself, always putting others first and worrying too much about what others thought. As a result of this group, I am able to set realistic daily goals (well sometimes), hit the pause button and breathe before reacting, speaking up when I need to and not just agreeing or saying yes. I find time for myself of something I enjoy and am being real and authentic to myself, love myself and not judge or being critical of self. I process situations so I can respond and not react. I can now speak up when necessary and not stuff my feelings and act as if everything is good. By implementing principles learned, things are better by not focusing on problems, but rather solutions and finding gratitude and time for myself. My biggest take-a-way was that it is OK to say no and ask for help and say how you feel with boundaries, being authentic and true to myself, and being intentional and find a deeper connection with God while letting go of insignificant things and focusing on things that fill me and not drain me.” -A.D.

“We discussed ways to rephrase comments without hurting others’ feelings while still being honest. Ideas that I took away I can implement: stating my preferences, examining my emotions and trying to determine what caused them and if they are from faulty thinking or lying to myself so I can honestly address issues rather than feelings, and trying not to assume

the worst. I also realized how changing my thinking and perception of events can totally change my joy of life.”

-Ms. Thomas

“The very first session opened me up and assured me that I am a well grounded woman and my choices are important. I felt like from there I was able to build on top of that. This workshop cannot be graded on value, as it was jam packed and intense. I really had to take a strong look at myself. It was amazing. I learned it’s okay to say “no”! Before the group, I was trying to meet and please everyone and really didn’t have emotions that I owned. Since this group, I’m able to speak out and speak up, take ownership of my feelings and how I think, take time for myself, and make priorities. By implementing principles discussed in the group, my extended family is better because I have been awakened to the fact that I need to take care of me and set boundaries as well as make choices for me, speaking up about things that are important to me. The biggest take away I got was that boundaries are good and it’s okay to set them.”

-C.F.