

## Frequently Asked Questions

### **What is Restoring Your Heart?**

RYH is a process that helps people become aware of how hurts from their past are affecting their present, learn how to grieve and understand their emotions, and begin the process of forgiveness.

### **How does the RYH process work?**

RYH happens in a safe, small group experience that is led by a trained facilitator who guides the group through a workbook designed to encourage self-awareness and emotional healing.

### **What types of workbooks does RYH offer?**

RYH has three workbooks: Processing Pain (which deals with family of origin, grieving, and forgiveness), Understanding Emotions, and Conquering Shame.

### **How long are the workbooks?**

The workbooks vary in length, from 12 lessons to 17 lessons. There is one lesson per week, which the participants prepare in advance, and come prepared to discuss and share in the group session.

### **What is the cost of an RYH workbook?**

Each RYH workbook is \$30. They are available for purchase on our website.

### **Does RYH have other resources that could be helpful?**

Yes, the RYH Training Manual, which contains important information from both a Biblical perspective and an emotional/relational perspective, is used to guide the RYH training process. Although our materials are available for purchase on our website and can be used without training, we strongly recommend that people who desire to lead RYH groups participate in the RYH training process to become the most effective RYH group leaders they can be.

### **Is there a way to preview the RYH materials before purchasing them?**

Yes, there is a Table of Contents and a sample lesson from each workbook that can be viewed by clicking the icon for each product on our web store.

### **How do I begin using RYH as a tool?**

We recommend first reading How Emotional Problems Develop, a free download on our website. Then, purchase Processing Pain workbooks and begin a group. (See RYH training recommendation above.)