

Soul
Work_{Rx}
presents

Soul Sister



Dominique



Jamelle

SISTERHOOD

FRIENDSHIP

Conversations

A PLAYBOOK ON SISTERHOOD:
KNOWING WHEN TO HEAL, DEAL AND LET THAT SH*T GO

Dominique Mack-Collins

HOW'S YOUR HEART?

Use these sentence starters to do a heart check.
Complete one, two, or all of these lines below:

Today was ...

I was excited to...

I got the opportunity to...

I am grateful for...



dear soul sister

Thank you for taking this epic ride with me as we journey to do our Soul Work together. It is our belief that you were chosen, planted and aligned to take this leap of faith with us.

We want you foremost to know that this work begins and ends with you. We are only conduits to you in this process. It is our goal to intentionally create sacred space for you to unlearn, re-learn, loose and unearth.

I wrote this playbook with you in mind as a guide while forging through the tough sh*t. It is my hope that this will be a treasure in your toolbox as you learn to build your mental, emotional and spiritual muscle.

Let's get this work!

Dominique

VISIONARY, SOUL WORK RX, LLC



Affirmations

"SHE IS A FRIEND OF MIND. SHE GATHER ME, MAN. THE PIECES I AM, SHE GATHER THEM AND GIVE THEM BACK TO ME IN ALL THE RIGHT ORDER. IT'S GOOD, YOU KNOW, WHEN YOU GOT A WOMAN WHO IS A FRIEND OF YOUR MIND."

- TONI MORRISON

"NOBODY'S FREE UNTIL EVERYBODY'S FREE."

- FANNIE LOU HAMER

"IS SOLACE ANYWHERE MORE COMFORTING THAN THAT IN THE ARMS OF A SISTER?"

-ALICE WALKER

"YOU'VE GOT TO LEARN TO LEAVE THE TABLE WHEN LOVE'S NO LONGER BEING SERVED."

-NINA SIMONE

"SOMETIMES BEING A FRIEND MEANS MASTERING THE ART OF TIMING. THERE IS A TIME FOR SILENCE. A TIME TO LET GO AND ALLOW PEOPLE TO HURL THEMSELVES INTO THEIR OWN DESTINY. AND A TIME TO PREPARE TO PICK UP THE PIECES WHEN IT'S ALL OVER."

- GLORIA NAYLOR



Guiding Principles

1

Grounding

grounding is a practice that connects your body to the earth and brings physical and emotional balance and strength. When you learn how to ground yourself, you become present.

2

The Work

the work is a combination of healing modalities that centers the experiences of women unlearning and uprooting thought and behavior patterns that cause trauma

3

In Practice

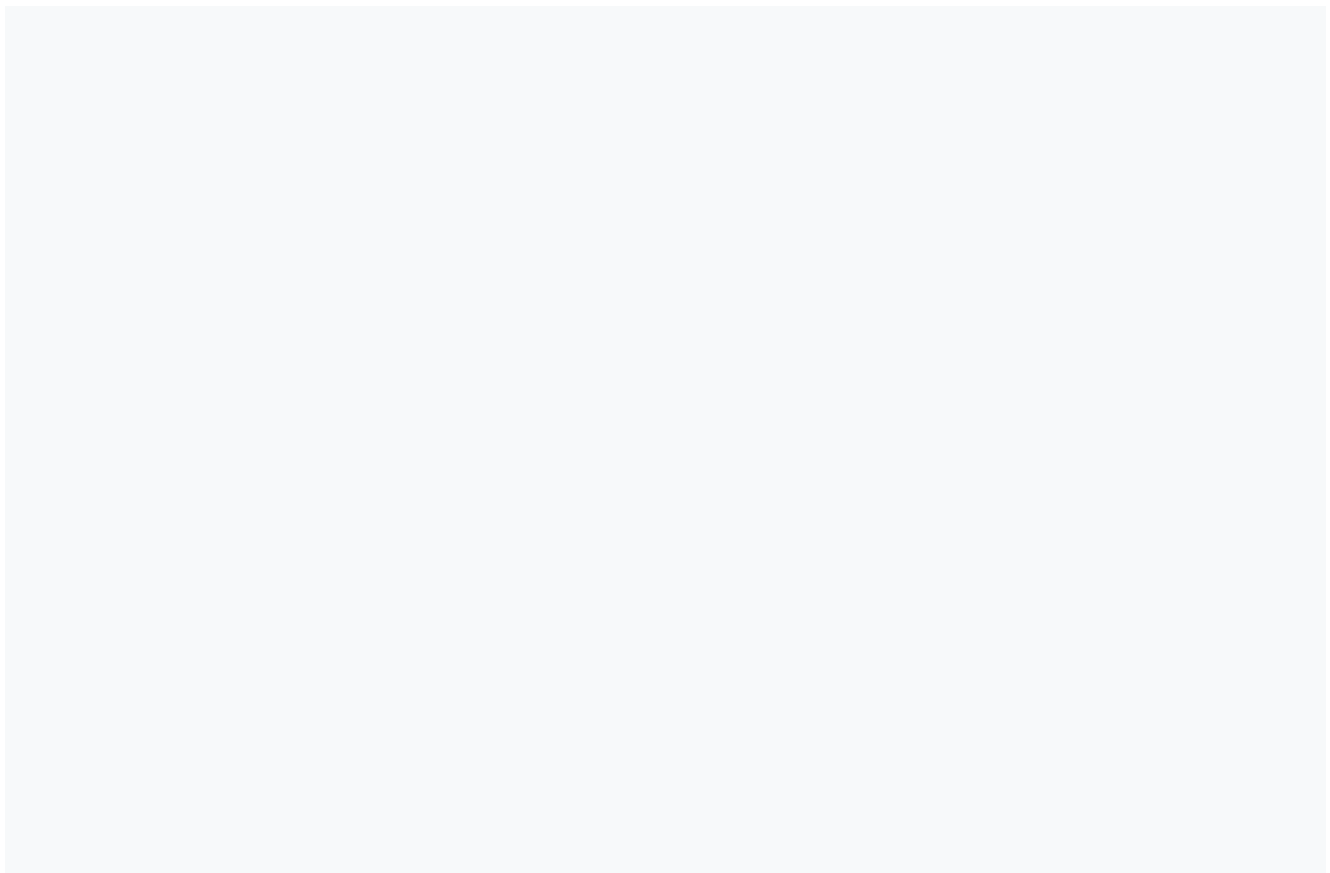
in practice is a definitive guide of practical tools one can use in a fluid manner to enhance their own soul work with grace and non-judgement

Guiding Principles

Grounding Exercises

- ACKNOWLEDGE DIVINE FEMININE AND NATIVE LAND
- MEDITATE
- INVITE ANCESTOR GUIDE
- SING OR HUM A SONG
- MOVE YOUR BODY-TWERK SUMTHIN'
- AFFIRM SELF
- ACKNOWLEDGE AND LISTEN TO BREATHE
- READ SCRIPTURE FROM YOUR HOLY TEXTBOOK
- LIGHT A CANDLE
- RUN HANDS THROUGH WATER-SWIM
- SUNLIGHT

Draw or map out your definitions of sisterhood



Guiding Principles

The Work

- Who did you first learn and receive love from? (Mother-Wounds)
- What was your first example of a sister-friendship?
- How do you define a sister-friendship?
- What does it mean to trust another woman?
- Where and how do you connect with sister-friends?
- Tell me about a time you formed a trauma-sister-bond and how that impacted you?
- Are ending sister-friendships necessary?
- How do you unpack and process experiences with sister-friends?
- How do you heal from a sister-friend who did you wrong?
- How can women put into practice loving each other?

Notes + aha moments

Guiding Principles

In Practice

- JOURNAL RESPONSES TO "THE WORK"
- LEARN HOW TO IDENTIFY EMOTIONS AND EFFECTIVELY COMMUNICATE EMOTIONS
- LEARN TO CREATE SPACE AND NOT RUSH DEALING/HEALING PROCESSES
- FIND NON-TOXIC ACCOUNTABILITY CONNECTIONS
- RESTORATIVE DIALOGUE AND "I STATEMENTS"
- IMPLEMENTING BOUNDARIES FOR-SELF
- FIND GENUINE FRIENDSHIPS IN MEDIA TO STUDY

SMART goals + strategies

S	Specific	<ul style="list-style-type: none">• What do I want to accomplish?• Why do I want to accomplish this?• What are the requirements?• What are the constraints?	
M	Measurable	<ul style="list-style-type: none">• How will I measure my progress?• How will I know when the goal is accomplished?	
A	Achievable	<ul style="list-style-type: none">• How can the goal be accomplished?• What are the logical steps I should take?	
R	Relevant	<ul style="list-style-type: none">• Is this a worthwhile goal?• Is this the right time?• Do I have the necessary resources to accomplish this goal?• Is this goal in line with my long term objectives?	
T	Time-Bound	<ul style="list-style-type: none">• How long will it take to accomplish this goal?• When is the completion of this goal due?• When am I going to work on this goal?	

I-Statements

Use this section to practice restorative dialogue and I-statements. I listed a few examples below.

I FEEL.....WHEN YOU....

EXAMPLES:

I FEEL UNHEARD WHEN YOU DON'T ACKNOWLEDGE MY FEELINGS.

I FEEL UNSEEN WHEN YOU DON'T VALIDATE ME.

I FEEL ANGRY WHEN YOU DON'T LISTEN TO MY POINT OF VIEW.

Resources

Here's a few links to help you get started.



[Jamelle Fortune Turner's Sista Soul Esteem Playlist](#)



[Sister Love: The Letters of Audre Lorde and Pat Parker 1974-1989](#)



[Gloria Naylor's Women of Brewster Place](#)



[Sue Monk Kid's Secret Life of Bees](#)



[Alex Walker's The Color Purple](#)



[Robyn Crawford's A Song For You on Audible](#)



[Terry McMillan's Waiting to Exhale](#)



MEET VISIONARY: DOMINIQUE

Dominique Mack-Collins is a brilliant writer, counselor, and advocate for women and girls empowerment. Known for her unorthodox approach of marrying spirituality with her rebel tongue, Dominique breaks down the complexity of healing in a relatable, inclusive and accessible way.

Dominique's events and trainings are informative, interactive, and calls to action for change. Her work has been featured everywhere from The Huffington Post, XONecole, Elite Daily, Blavity, For Harriet and many others.

Advocating healing through one's own stories, she shares her personal experiences of shame, generational trauma, and body image struggles merged with her therapeutic skill set.

Dominique is the creator of The Soul Work Rx a wellness community for women of color seeking wholeness in every area of their life with intention.

The Soul Work Rx Women's Retreat is a carefully curated one of a kind luxury yet affordable wellness experience centering Black womanhood and women of color vulnerability.



**Helping people
heal through
their own
stories.**

#BLACKWOMANCONSERVATIONIST