



....In The Meantime With



24 hour confidential hotline: 1-800-537-6066 or 874-1973

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Hello,

With just a week shy of heading into the 3rd month of the New Year, we may be looking back on these past 8 weeks and wondering where the time has gone. It's a new year, we've a new President and a new administration; Covid is still very much restricting our comings, goings, and gatherings; wearing masks has become 'the norm' for most of us; vaccines are being made available...first, to specific demographics (of a certain age-range, in a specific field, with specific health concerns, etc.). And in the midst of all this change and uncertainty, we may be feeling especially tired, unsure of our futures, lost, or afraid of the unknown that often accompanies change of this magnitude. How long ago it seems that we were able to go about our days and lives unmasked and with little to no concern should we or someone near us, cough. And it is not to dismiss any of the readers' concerns or present personal challenges that we say: *Let's hang in there during these unprecedented times and have faith that we'll come out the other end that much wiser and stronger.*

And while we never shy away from encouragements of this nature, perhaps this one might seem especially banal or cliché given the state of the world. But think about all you have survived thus far in your life. Think about all the obstacles you've overcome. Think about all-the-near misses that could have resulted in your downfall or worse still, your demise. Think about the core of you...your tenacity, your mettle, your resiliency, your courage, your drive. Think about all the times you picked yourself up. While others may have failed you...you have prevailed. While your life may not currently be as you wish, your strength has gotten you this far.

In the months prior to the New Year, we heavily advocated against setting New Year's resolutions. And we did so for all the obvious reasons we mentioned at the time...especially that statistically they don't work. While in January we may all be gung-ho about our new resolutions and the 'new us' that will emerge, our passions quickly fade to eventually disappear altogether. And here is maybe why...**because we don't need a 'new us'. Maybe the *old us* is just fine...maybe even better than *fine*. Maybe the *old us*...the 'core us'...the *us* that has gotten us through every single challenge, misstep, difficulty, or hair-brained scheme, has been good enough...if not perfect, and exactly who we needed to be all along.**

Best,
Monique
&
Nicolle



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In the space below...draw both your hands and then doodle, draw, write-in, color, etc., what you hold for your future.

MY FUTURE HANDS HOLD....

Desiderata is Latin for "something that is needed or wanted" (by Max Ehrmann early 1920's)

Desiderata

Go Placidly Amid The Noise & Haste, & Remember What Peace There May Be In Silence. As far as possible without surrender, be on good terms with all persons. Speak your truth quietly and clearly; listen to others, even the dull & the ignorant, they too have their story. ✕ Avoid loud & aggressive persons, they are vexations to the spirit. If you compare yourself to others; you may become vain & bitter, for there will always be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. ✕ Keep interested in your own career; however humble, it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let not this blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. ✕ Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. ✕ You are a child of the universe; no less than the trees & stars, you have a right to be here. Whether or not it is clear to you, the universe is unfolding as it should. ✕ Therefore; be at peace with God, whatever you conceive him to be. Whatever your labors & aspirations; in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy. ✕

My Non-negotiables

We've all compromised our standards or ideals at one time or another, and most likely have regretted doing so. In the sections below, and keeping in mind what your 'future hands will hold', write-out your non-negotiables...things you **will not** compromise on going forward, in terms of relationships, and life, personal, health, and/or educational goals, etc.



ERIN K.
MONAGHAN
CREATIVE

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Mindfulness

E K G G C Z J Y E N Y A N F P P G I J S U N I N
D L E D X X Y D G T W Y Q S O F K Q M E H O M U
L Y V P K E U N E A P P N B C T Q U I L O I A X
L D O L X T I F R Z E I J R L A U P N F P T G C
A A T X I H A E T S R N N D A A F W D L E A E N
K T Z T T S N G Q W S R E O R E E C F O F X R W
Y J A A E E M L A C P T X J I C S L U V U A Y F
G R E V S C M X L R E X W L T T A R L E L L W L
G R F S N K N U W R C U E B Y T A K F J N E I E
B H C E O O F A M Q T R G S N R H V N T E R H X
K S U H N Y I I T S I G Q E E V H E R Y S F Q I
E Q F L O L N T J P V L M S P K T F G E S E D B
H H T J I A S T A L E G T M Z S W R E P S M G I
T W J H T H L T D I D C S M I S E P A W X B I L
N D S I A T X T H U C P C L X N I T U B Z R O I
E Q O A R N D M J G R E I A E K I S K O U A E T
C N I N I E K N B E U X R F E E L I N G O T X Y
I G J U P T O F S N O O S P N U U T I D A R H Y
T X O C S N H E U T P A H C P J J L B J A H Q C
C F J E N P N G G L H O E T A A Q U I E T F R A
A T D N I T S B I A T T E N T I V E H I P Q Z V
R H L Z F W F E G S T P E R S E R V E R A N C E
P V J I Y F O C U S N S E R E N I T Y H B O O U
N O I T A Z I L A U S I V S N O I T A T I D E M

acceptance	appreciation	attentive	awareness
breathing	calm	clarity	determination
energy	feeling	flexibility	focus
gratitude	hear	hopefulness	imagery
insight	inspiration	joyful	listen
meditation	mindful	nonjudgmental	observation
patience	persistence	perspective	practice
present	quiet	relaxation	relief
rest	safety	self love	serenity
thankful	thoughts	visualization	

HEALTHY RELATIONSHIPS

In this week's poem: *Desiderata*, Max Erhmann writes:

“Avoid loud & aggressive persons, they are vexations to the spirit.”

With the definition of *vexation* being “The state of being annoyed, frustrated, or worried,” and in terms of intimate partner relationships where there is abuse, Erhmann has missed the mark here with his noun selection. Yes, it is best to avoid loud and aggressive persons as a whole, and abusers often do shout at their partners and are forceful, but they do so to convey dominance and instill fear. Abusers communicate with voices that can be either raised and angry in tone, or they speak in a slow and seething staccato manner to emphasize each word separately. Their body language, as in posture, stance, and movement, is hostile and intimidating...with their targets often not allowed the courtesy of their own personal space. Thus, the trio of adjectives (annoyed, frustrated, worried) just do not come near enough to what a survivor may experience when in an abusive relationship. Survivors' lives are controlled, often from one minute to the next; survivors may be experiencing isolation from family and friends; survivors must constantly be monitoring their actions and words in hopes of not triggering their abuser into a rage because they've been made to feel responsible for their abusers actions; survivors live in constant fear for their lives and the lives of their children. And survivors often stay because they are in more danger when they leave...leaving an abuser is often the catalyst that leads to a survivor being killed. Leaving an abuser takes careful and detailed safety planning and often involves the support from a domestic violence resource center...which are available 24 hours a day, 365 days a year.

OVERCOMING PAST ABUSE

“Not having to choose your words to try to prevent violence; not spending time trying to predict the impending violence; having people respect you, your boundaries, and your opinions; living without having to ask permission; making decisions on your own; saying no to sex without a beating or forced sex or rape.”

~ Domestic Violence Survivor

WWW.SEETHETRIUMPH.ORG

“People think that if you don't have a black eye and a broken arm, then it's not abuse. And I feel like that there would be less shame if people understood more.

I felt like if I could have gone to somebody without feeling ashamed, and that they wouldn't judge me for being in it, then maybe I would have been more comfortable doing so.”

~ Domestic Violence Survivor



www.seethetriumph.org

MOMS HELPING MOMS

Establishing healthy boundaries are not only important for maintaining healthy boundaries with our intimate partners and/or friends, they are also important in our relationships with our parents/caretakers. When one party maintains control over another, true love and respect cannot flourish. And yes, our parents/caretakers raised us and sacrificed for us, but this love and sacrifice should not come with an 'I owe you' or a debt we have to spend our adulthood paying back. Maintaining healthy boundaries is in fact a form of self-care. Below are some bullet points to ponder re: boundary infractions with parent/caretakers.

- Comments about your weight or what you eat
- Unrealistic demands on your time
- Snarky comments about your partner
- Interferes with your parenting (in front of your child/children)
- Constant instructions about how to solve challenges in your life
- Speaks on your behave to other family members
- Gossips or complains to you about your siblings
- Borrows money that is never repaid

It can be difficult to maintain boundaries with a parent if we are dealing with any of the above scenarios. However, setting up clear and solid boundaries about what we will and will not tolerate or engage in, makes clear our expectations.

FAMILY BOUNDARIES

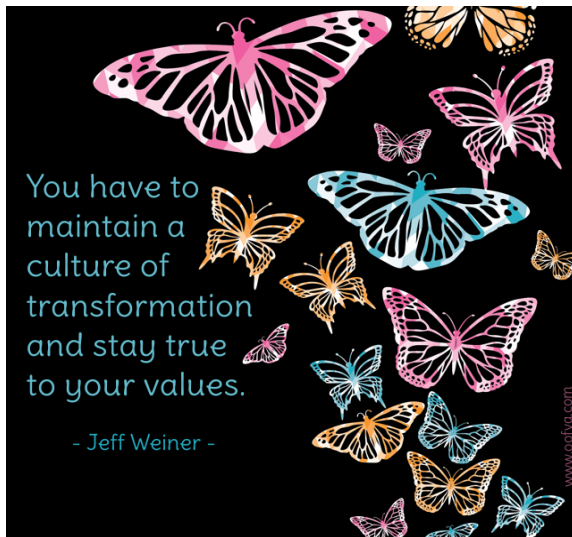
CAN SOUND LIKE:

Sara Kuburic, CCC; @millennial.therapist

- "I appreciate your concern, but this is my decision"
- "I respect your values and beliefs, but I do not share them"
- "I will no longer be the middle person in family arguments"
- "Commenting on my weight is not appropriate, you need to stop"
- "Any rude comments about my lifestyle will result in this conversation ending"
- "I understand you are frustrated, but I don't want to participate in family gossip"
- "I expect my partner to be treated with respect or we won't come over anymore"
- "Please stop asking when we will have a kid, it's putting a lot of pressure on my relationship"

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QUOTES



Connect to your core and you'll find strength. Act from your core and you'll move mountains.

Gabriella Goddard

QUOTEHD.COM

NON-NEGOTIABLE:

Whether we were conscious of it or not, we have always decided what to include in our lives. Once we distill these down to our absolute essentials, we protect them within a special classification I call our non-negotiables. We can then arrange our non-negotiables in a way that builds upon, amplifies, magnifies, and sets up the next in line. Each non-negotiable expands by its proximity to all others until we operate in a self-actualized state of full-life integration.

-Kristoffer Carter, This Epic Life