



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

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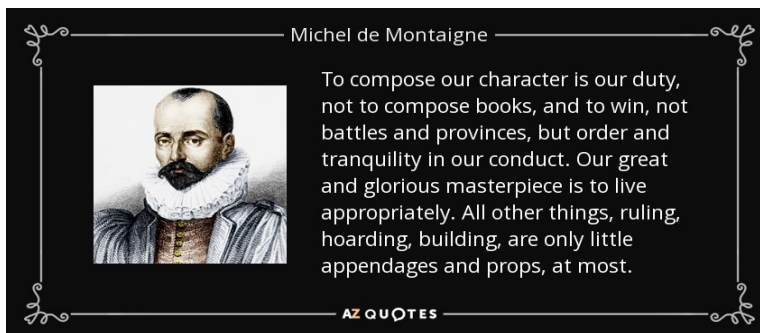
Hello,

In the last 3 mini-mags (51, 52, & 53), both Caroline McHugh and Caroline Myss underscored the importance of *being yourself*, but approach this subject-matter from unique, albeit similar, perspectives. For example, while McHugh maintains we *just* need to tap into our inner ‘queendom’ (Jill Scott quote) and find the “you” you were meant to be; Myss underscores the choices that will lay a solid foundation for living an integrous life (not pass on our suffering, choosing new words, and *blessing* each and every one of our days). More specifically, both hold the belief that we all come into this world *complete* and our job is to figure out who we are and then be the best versions of ourselves. But knowing ourselves and living our best lives also requires *belonging to ourselves*. Which on the one hand may sound ‘new age’, self-centered, or conversely, *easy* and *obvious*. However, and on the other hand, is it possible to go about our lives in a world that is rife with beliefs, values, judgements, set-backs, and disappointments and not unconsciously internalize any of them to some degree? And, won’t the assimilation of said beliefs, values, and judgements, etc., then influence and trouble our self-concepts, which would then impact how we present to the world? A convoluted subject, to be sure. But how many of us were raised in an atmosphere that encouraged mindfulness and self-discovery?

The white-board in the Maine Correctional Center’s-Women Center presently reads:

***The greatest thing in the
world is to know how to
belong to oneself***
(Montaigne)

At first glance, the above Montaigne quote may appear to be a restatement of McHugh and Myss’ inspiring encouragements, and yet it is vastly different, and in fact the necessary precursor to attaining the goals laid out by both. According to Professor-Author, Peg O’Connor Ph D., 2016 Psychology Today article: *Knowing How to Belong to Yourself*, “truly *belonging to ourselves* is the most difficult of accomplishments in that ‘we are simultaneously the inquirer and the subject studied’”. Put another way, a paradox arises when we are both the scientist and the subject-matter under the microscope (metaphorically speaking). According to O’Connor, we can’t live in a world and not internalize its *social mores* (unwritten cultural expectations) and *norms* (standards & expectations others place on us). She even goes as far as to state that ‘internalization is in fact a part of our maturation’ and how we come to see ourselves in the world. However, it’s a delicate balance, because the danger is that when we internalize the views of others, along with the dogma of the world, we may actually lose ourselves. Furthermore, a tension arises in who to trust...our own instincts or the opinions and beliefs of others and who they are telling us we are or should be. O’Connor maintains that a crucial dimension in belonging to ourselves is in knowing which beliefs, values, and judgements we inherited, and which are our own—accumulated from our own lived experiences. And interestingly, she ends her essay with the Montaigne quote below, and if we look to the word ‘compose’, what it suggests is that we ‘create’ ourselves and perhaps therefore are always a work in progress.



Best, Monique & Nicolle

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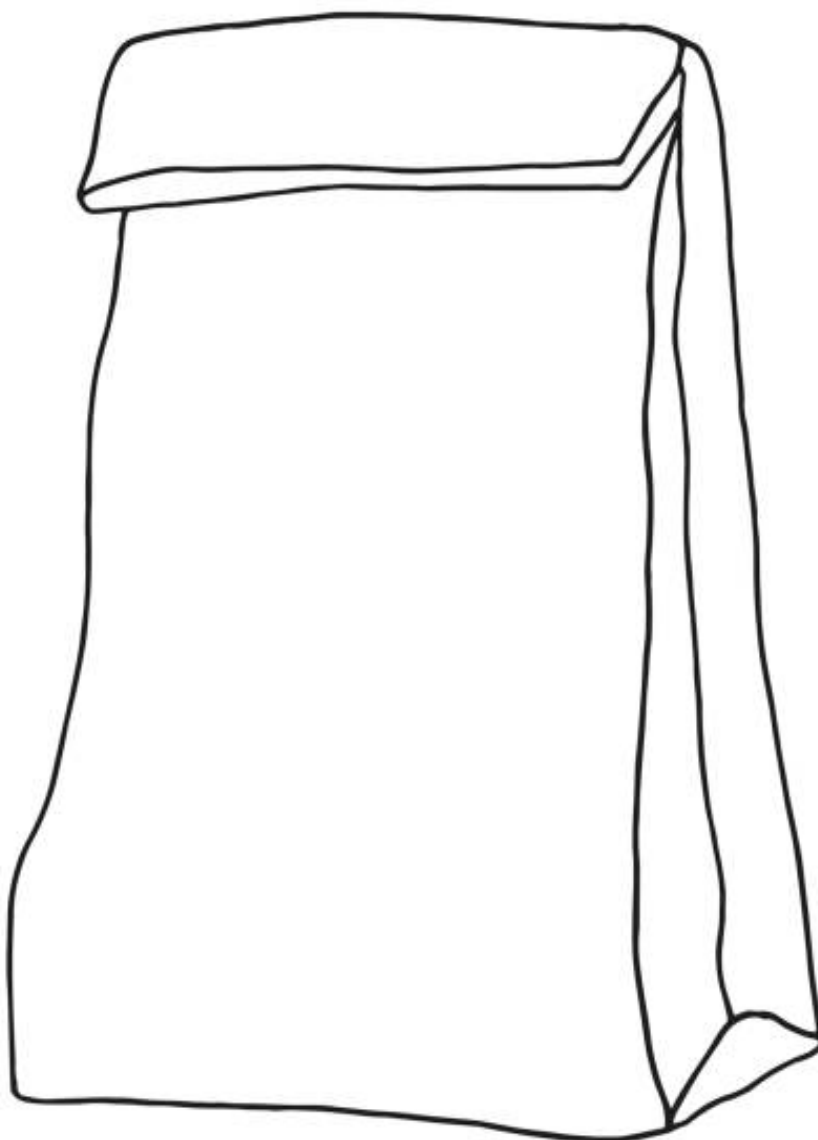
The core of
your true self
is never lost.
Let go of all
the pretending
and the becoming
you've done just
to belong. Curl up
with your rawness
and come home.
You don't have to
find yourself;
you just have to
let yourself in.

- d. antoinette foy



ART

With whatever art supplies you have at your disposal, sketch your self-portrait on the paper bag image below.



1. WHO AM I?

Let's have fun discovering how well we know ourselves.

I am

I love

I am passionate about

I feel comfortable when

I feel confident when

I am intrigued by

I am happiest when I'm

I am proud of myself when

I am inspired by

I am motivated by

I am turned on by

I believe in

I am excited about

I have a habit of

I want to adopt a habit of

I will one day

WRITING PROMPT

What is the relationship between *identity* and *belonging* (to yourself) and do they necessarily go hand-in-hand?



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WAYS OF SELF LOVE

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

LOVE YOURSELF	TAKE CHANCES	HAVE HOPE	BELIEVE IN YOURSELF
NO ELECTRONICS	BE HAPPY	BE TRUE TO YOU	PRIORITIZE
ORGANIZE	SIT IN SILENCE	VACATION	FAMILY TIME
RUN	WALK	NO SOCIAL MEDIA	RISE EARLY
POSITIVE SELF TALK	POSITIVITY	PERSONAL DEVELOPMENT	MEDITATION
MASSAGE	LAUGH MORE	HEALTHY MEALS	GO TO BED EARLIER
GRATITUDES	FIND YOUR TRIBE	EXERCISE	EPSOM SALT BATH
DRINK MORE WATER	ALONE TIME	AFFIRMATIONS	

Word Scramble:

Self-Care

1. RADE _____
2. CUSMI _____
3. OLRCO _____
4. TCFRAS _____
5. LNERVTOU _____
6. AEDNC _____
7. LEBUBB BAHT _____
8. ASAGMES _____
9. IGNRGNAED _____
10. ATITMEDE _____
11. GALHU _____
12. RTSSEED _____
13. IREEEC SX _____
14. SEVOMI _____
15. NCIOATVA _____

HEALTHY RELATIONSHIPS

10 Signs You're Being True to Yourself (from: tinybuddha.com)

1. You're honest with yourself about what you think, feel, want, and need
2. You freely share your thoughts and feelings. Even if you're afraid of judgment or tempted to lie just to keep the peace, you push yourself to speak up when
3. You honor your needs and say no to requests that conflict with them
4. Some people like you, some people don't, and you're okay with that
5. You surround yourself with people who respect and support you just as you are
6. You focus more on your own values than what others deem acceptable
7. You listen to your intuition and trust that you know what's best for yourself
8. You do what feels right for you, even if that means risking approval from the people around you
9. You allow yourself to change your mind if you recognize you made a choice that wasn't right for you
10. You allow yourself to evolve and let go of what you've outgrown



MOMS HELPING MOMS

There is no such thing as the 'perfect parent'. We all have days when we are stressed, have other things/commitments on our minds, feel under-the-weather, or are short on patience. In these times of stress, we might not put our best parenting foot forward...but forewarned is forearmed:

**When I parent in a way that
doesn't align with my values, it's
usually because of two reasons:**

I'M NOT REGULATED

- I'm feeling overwhelmed
- I'm hungry
- I'm tired

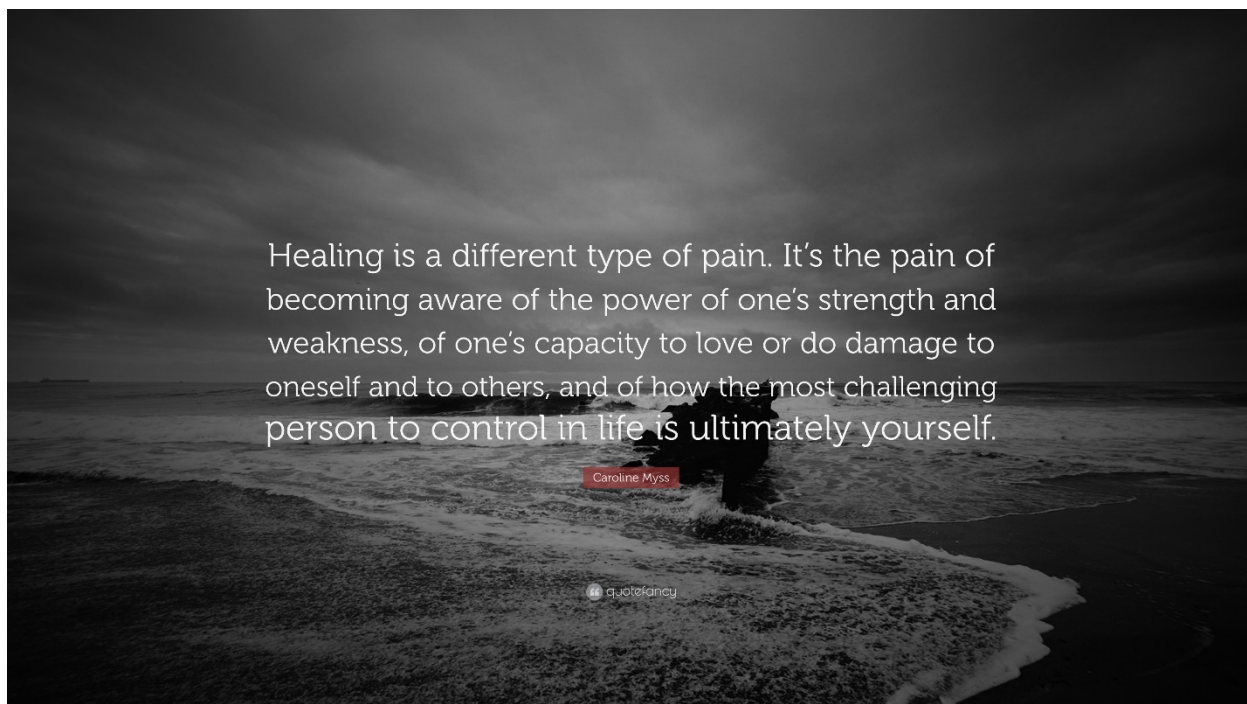


I'M FEELING AFRAID

- If I don't nip this, it won't end
- I don't want to spoil them
- I'm becoming my parents

@OURMAMAVILLAGE

QUOTES





MCEDV.

The Maine Coalition
to End Domestic Violence

Help is just a call away.

24 Hour • Toll Free • Confidential

1-866-834-HELP (4357)

Maine Telecommunications Relay Service:
1-800-437-1220

MCEDV MEMBERS:

AROOSTOOK

Hope and Justice Project

PENOBSCOT & PISCATAQUIS

Partners for Peace

KENNEBEC & SOMERSET

Family Violence Project

HANCOCK & WASHINGTON

Next Step Domestic Violence Project

ANDROSCOGGIN, FRANKLIN & OXFORD

Safe Voices

KNOX, LINCOLN, SAGadahoc & WALDO

New Hope for Women

CUMBERLAND

Through These Doors

YORK

Caring Unlimited

CULTURALLY SPECIFIC SERVICES

Immigrant Resource Center of Maine



mcedv.org

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MCEDV MEMBERS

Aroostook County
Hope and Justice Project
www.hopeandjusticeproject.org
P.O. Box 148, Presque Isle, ME 04769
Admin: 207-764-2977 Helpline: 1-800-439-2323

Penobscot & Piscataquis Counties
Partners for Peace
www.partnersforpeaceme.org
P.O. Box 653, Bangor, ME 04402
Admin: 207-945-5102 Helpline: 1-800-863-9909

Kennebec & Somerset Counties
Family Violence Project
www.familyviolenceproject.org
P.O. Box 304, Augusta, ME 04332
Admin: 207-623-8637 Helpline: 1-877-890-7788

Cumberland County
Through These Doors
www.familycrisis.org
P.O. Box 704, Portland, ME 04104
Admin: 207-767-4952 Helpline: 1-800-537-6066

Hancock & Washington Counties
Next Step Domestic Violence Project
www.nextstepdvproject.org
P.O. Box 1466, Ellsworth, ME 04605
Admin: 207-667-0176 Helpline: 1-800-315-5579

Androscoggin, Franklin & Oxford Counties
Safe Voices
www.safevoices.org
P.O. Box 713, Auburn, ME 04212
Admin: 207-795-6744 Helpline: 1-800-559-2927

Knox, Lincoln, Sagadahoc & Waldo Counties
New Hope for Women
www.newhopeforwomen.org
P.O. Box A, Rockland, ME 04841-0733
Admin: 207-594-2128 Helpline: 1-800-522-3304

York County
Caring Unlimited
www.caring-unlimited.org
P.O. Box 590, Sanford, ME 04073
Admin: 207-490-3227 Helpline: 1-800-239-7298

Serving Refugee and Immigrant Communities
Through Culturally and Linguistically Sensitive Services
Immigrant Resource Center of Maine
www.ircofmaine.org
PO Box 397 Lewiston, ME 04243
207-753-0061



Member Programs of the Wabanaki Women's Coalition

Tribal Domestic & Sexual Violence Coalition
www.wabanakiwomenscoalition.org

Aroostook Band of Micmacs
Domestic & Sexual Violence Advocacy Center
www.micmac-nsn.gov
7 Northern Rd., Presque Isle, ME 04769
Admin: 207-760-0570 Hotline: 207-551-3639

Houlton Band of Maliseets
Domestic & Sexual Violence Advocacy Center
www.maliseets.com
690 Foxcroft Rd., Houlton, ME 04730
Admin: 207-532-3000 Hotline: 207-532-6401

Pleasant Point Passamaquoddy
Peaceful Relations Domestic & Sexual Violence Advocacy Center
www.wabanaki.com
P.O. Box 343, Perry, ME 04467
Admin: 207-853-0092 Hotline: 1-877-853-2613

Penobscot Indian Nation
Domestic & Sexual Violence Advocacy Center
www.penobscotnation.org
2 Down St., Indian Island ME, 04468
Admin: 207-817-3164 x2 Hotline: 207-631-4886

Indian Township Passamaquoddy
Domestic & Sexual Violence Advocacy Center
P.O. Box 301, Princeton, ME 04668
Admin: 207-796-6106 Hotline: 207-214-1917



**The Maine Coalition
to End Domestic Violence**

Connecting people,
creating frameworks for change.
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