



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

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Hello,

In a recent interview with GQ Magazine, actor Jason Sudeikis had this to say about the break-up with fiancée, Olivia Wilde:

“I’ll have a better understanding of why in a year and an even better one in two, and an even greater one in five, and it’ll go from being, you know, a book of my life to becoming a chapter--to a paragraph--to a line--to a word--to a doodle. That’s an experience that you either learn from or make excuses about. You take some responsibility for it, hold yourself accountable for what you do, but then also endeavor to learn something beyond the obvious from it.”

As Sudeikis so eloquently points out, our understanding of big or unexpected life events takes time to reconcile and adjust to. Initially we may be sidelined or feel overwhelmed or even be in complete denial. He refers to the 1st stage of understanding as a *book*—which if we were to visualize, could resemble a tome with 100’s of pages. Tomes are heavy. They can seem to add weight to our bodies and therefore difficulty that impedes our life-journey. But over time, and with thought, understanding, mindfulness, and accountability, the once heavy tome can dwindle down to a doodle...a sketch—a metaphorical, lightweight & whimsical pencil-marking that we can fold-up and tuck in our pockets, so to remember, but also move on with a new understanding of ourselves.

There is also an online clip of this part of the interview where we can see as well as hear Sudeikis speak aloud the above quote. And his voice is even, and his manner is calm all the while addressing what we can only imagine to be an extremely private and difficult experience. But he does so with grace, eloquence, and insight. And what we can take from his words and his presentation is that *with time, comes clarity*. But we must stay open to understanding and take accountability for our part in things. We must also be patient as sometimes *true* understanding doesn’t happen in ‘real time’...oftentimes it unfolds little-by-little as we live our way into the answer.

Best,
Monique
&
Nicolle

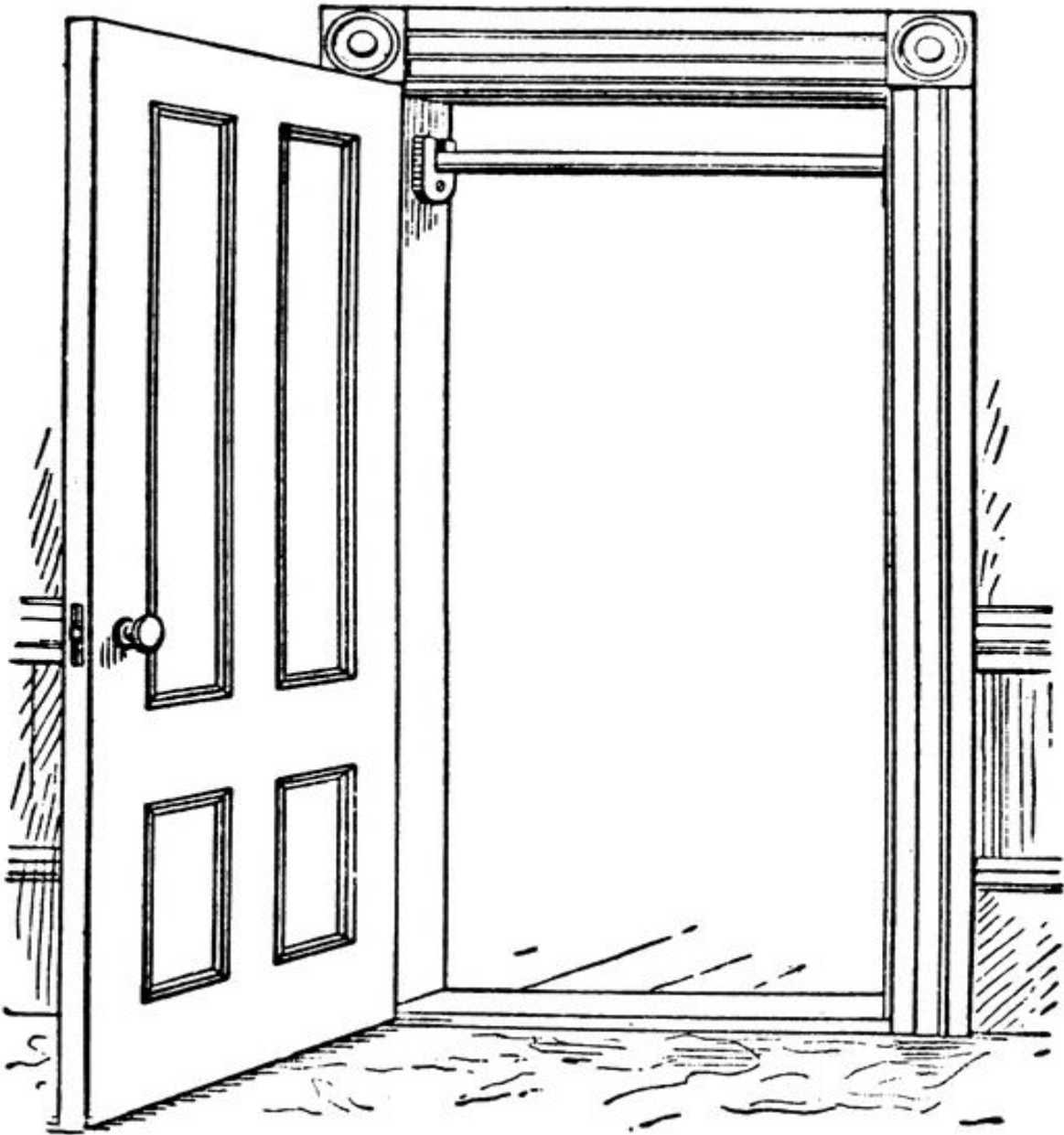
We are again accepting writing submissions for our [Inside Voices](#) page. If you want to contribute but don’t know where to begin, you can submit your writing response to our writing prompts.

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all !
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malaise,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

~Rumi

ART

While your present life situation may not be what you want it to be, what 'visitors' can you welcome into your life to help you move forward on your life's-journey? Doodle/draw your responses in the open doorway.



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WRITING PROMPT

Keeping in mind the Sudeikis' quote in the opening letter on how one's understanding of an unexpected life situation changes over time, select an experience that at 1st was a *book*, but over time eventually transitioned into a *doodle*. You can also note how long it took between the stages of understanding. And perhaps you haven't made it all the way to the doodle stage yet...which is fine, too.

***The 'experience' as a book:* What is the title?**

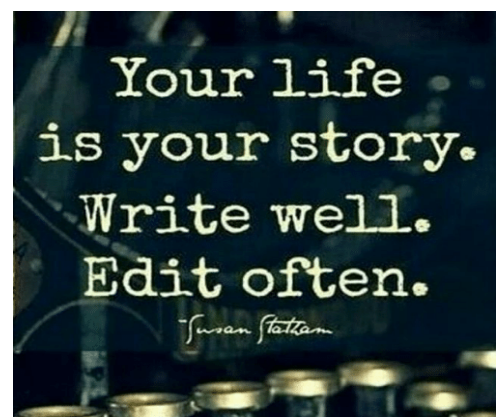
...pared down to a chapter: What would you name it?

...now it's a paragraph:

...down to one sentence:

...a single word:

...finally, a doodle:

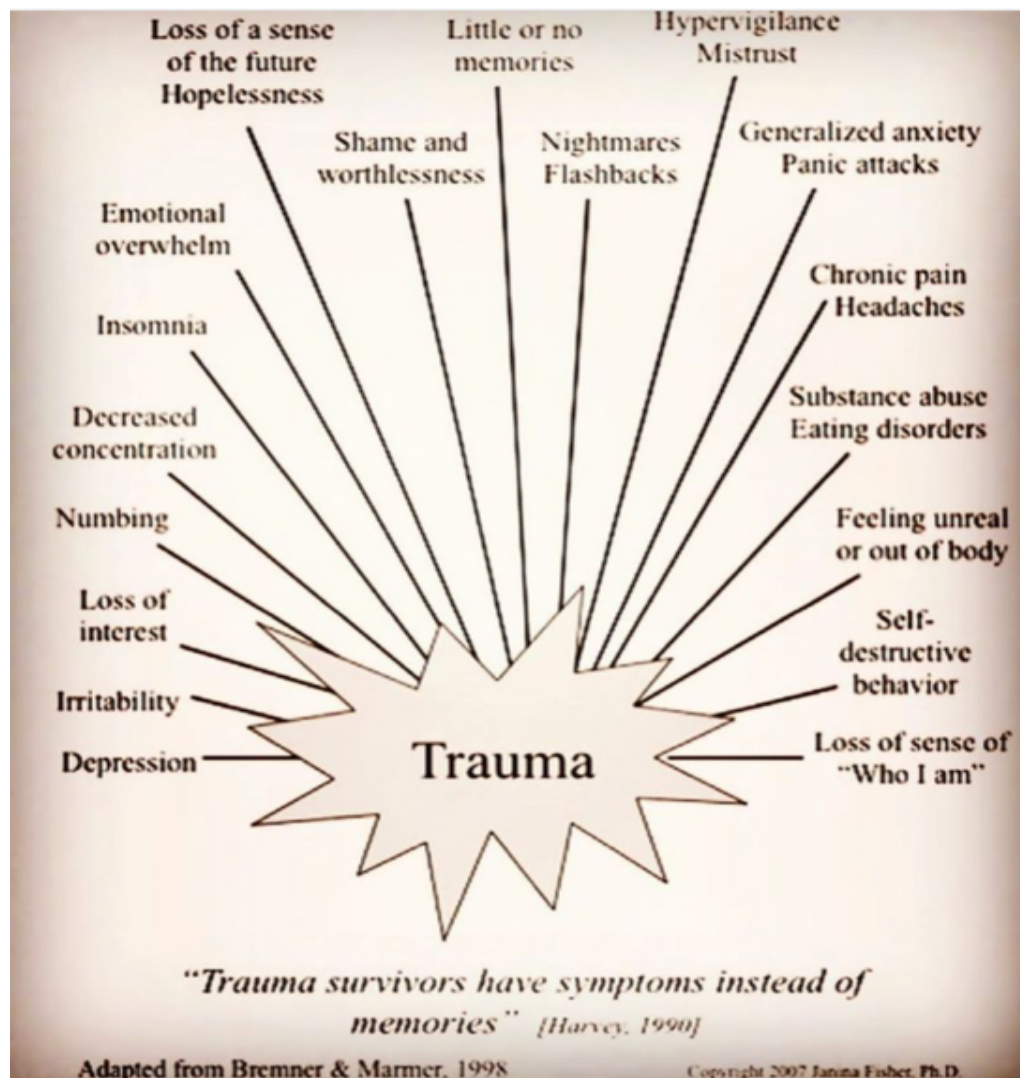




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HEALTHY RELATIONSHIPS

Few people go thru life without experiencing some sort of trauma. And oftentimes, said trauma can have reverberating consequences in our lives that we might not recognize as being related to a past experience. Below is a diagram of some behaviors/struggles you may recognize or relate to, but didn't necessarily realize they were a result of past, difficult experience (edited from Instagram:lifebutterflyeffect).



Be easy on you

RESILIENT PARENTING

Helping Children Cope with **BIG** Feelings

“Big feelings can seem to come on quick and out of nowhere for children. When this happens, children might not be able to self-regulate quickly and therefore may act on impulse with behaviors that are atypical. Helping our children cope with ‘big’ feelings is an essential part of parenting. Below are a few steps to help children manage their emotions, which as they grow older and go out into the world, will help them form relationships or walk away from relationships that are unhealthy.

1: Identify and name the emotion

- The 1st step in managing emotions is naming them and assessing what transpired to bring it on. Emphasize that all feelings are like messengers and that different feelings will make us feel a certain way.

2: Together, come up with ways your child can regulate big emotions that come on suddenly.

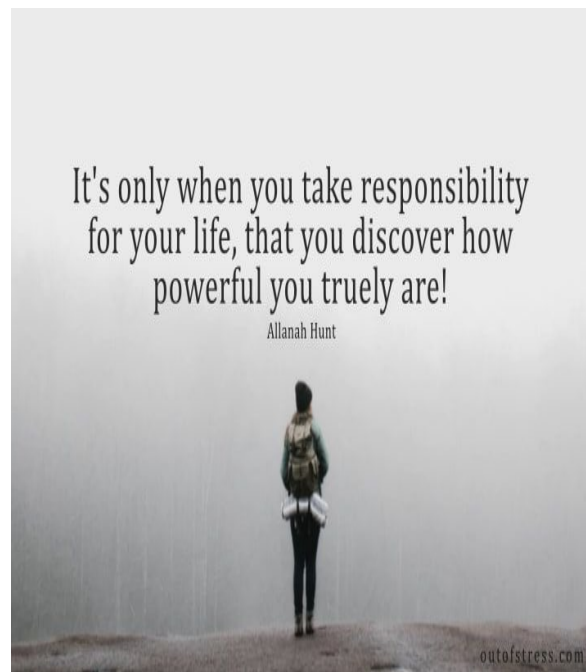
- Anger and frustration can seemingly come out of nowhere for young children. While it is important to underscore that feelings aren’t ‘bad’ it is equally important to strategize ways your child can manage feeling angry or upset. If your child is of the age where he/she/they can read, perhaps writing down suggestions might be helpful. Children might also opt for ‘alone time’ and not want to talk about their feelings immediately. It’s important to follow your child/children’s lead on this point as it gives them a sense of agency.

3: Validate your child/children’s feelings

- Offer gentle feedback on the feelings your child has shared with you. It might be a natural impulse to jump in and fix things, but hard as it might be to see your child upset, hold-off, as trying to ‘fix the feeling’ would be missing the very important point of allowing your child to feel their disappointment or anger, which are natural, human feelings. Finally, ask them what they want to do...which gives them agency and experience in dealing with emotions, while also conveying your trust in their judgement.

“There is no growth without real feelings. Children not loved for who they are do not learn how to love themselves. Their growth is an exercise in pleasing others, not in expanding through experience. And as adults, they must learn to nurture their own lost child.” Marion Woodman

QUOTES



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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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