



Dear Younger Me

Many of us may have had caregivers who perhaps did the best they could with the skills and resources that they had at the time but were not always equipped to meet our emotional developmental needs when we were young ones.

Do you have some childhood wounds that you carry with you today that are impacting current relationships and daily life?

Dear younger me,

I see your tears, and I'm sorry you've been hurt. No, it wasn't fair, and it certainly was not your fault. Sit beside me awhile and let's go for a ride. I'm here for you, this time you're not alone. I hear your sadness, loneliness, and your hurt. Hold my safe warm hand, let's drive for a while and watch the snowflakes fall gently, frosting the tree branches. Does the gentleness of the falling snowflakes remind you of someone who feels gentle and safe? Let's talk about that difficult memory again, but this time, use our imagination to add in that special loved one who had the gift of comfort and safety. Let's imagine they stepped in and protected you from danger and relieved your fear of betrayal, abandonment, or rejection. What might they say or do in your moment of fear and pain that brings relief and security? How does it feel to think of their soft eyes and safe arms in that memory?

With your triggers/flashbacks ask yourself what might your younger self need in that moment? How can you show up for her and empower her? Practice that and see how it feels. Were you able to think more clearly, set boundaries with confidence, feel your body relax and avoid distress?

Sometimes we can intercept a trigger/flashback from overtaking us by changing/adding in a happy ending, or safe person to an uncomfortable memory or current trigger. Don't forget to bring yourself back to the present moment with deep breaths and your senses. What do you see, smell, taste, hear, feel?

May your journey be filled with pursuit of peace, healing, and kindness toward your younger self.

~ Elisabeth Richards



Elisabeth Richards
Facilitator &
So Much More

Unhealthy Communication

If you're repeatedly drawn into conversations or arguments that seem to go nowhere, feel compelled to respond to accusations that you know are false, or feel like you have to justify your behavior or choices to a "difficult" family member, please read on to learn about JADE.

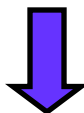
J - Justify

A - Argue

D - Defend

E - Explain

Click the link below
for more information!



<https://www.livewellwithsharonmartin.com/healthy-communication-without-justifying-arguing-defending-explaining/>

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."

—Rikki Rogers



Upcoming Events and Classes

LEVEL ONE—JOURNEY TO UNDERSTANDING

These classes will help bring clarity and validation to what you are experiencing.

Online Only: 10—11:30 am, Wednesdays

Online and In-person: 7-8:30 pm, Wednesdays

To receive the link for online access to classes please reach out to Selah.Empowers@gmail.com

- January 25: Characteristics of Abusers, Part II
- February 1: Trauma on the Brain from Cycle of Abuse
- February 8: Effects of Trauma on Children’s Brains
- February 15: Abuse and Faith Issues
- February 22: Self Esteem
- March 1: Lisa Dean, CDFA Financial Advisor, AM and PM
- March 8: Kendra Ortega, Family Law Attorney, PM Only (AM Class will have different topic)
- March 15: **Stay Tuned for a fun event we are planning!**

LEVEL TWO —STRENGTH FOR THE JOURNEY

These classes focus on finding the strength needed as you make decisions for your situation.

This week we will continue on the topic of **co-dependency** and delve into **breaking the pattern** of co-dependency. We had great discussion again last week and can’t wait to see where we go with this one! Each lesson is fairly ‘free-standing’ so please join us and jump in anytime during the series!

Online and In-person: 7-8:30 pm, the same dates as Level One.

To receive the link for online access to classes please reach out to Selah.Empowers@gmail.com

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC





Shirley Ritsema

Evening Child Care Facilitator:



Elisabeth Richards



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Group Agreement: We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

Childcare: Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine too.

Safe Environment: We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

SAFE LISTENERS PROMISE

- I WILL LISTEN TO UNDERSTAND
- I WILL KEEP WHAT YOU SHARE PRIVATE
- I WILL NOT MINIMIZE YOUR PAIN
- I WILL NOT COMPARE YOUR PAIN WITH MY OWN
- I WILL NOT GIVE QUICK SOLUTIONS
- I WILL LISTEN AGAIN WHEN YOU WANT TO SHARE MORE

"Trauma creates change you don't choose. Healing is about creating change you do choose."

Michelle Rosenthal