# Pause & Find Strength News Blurb from Selah Empowers

Vol. 2 Issue 5

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### Are you Connected or Attached?

Having some of our basic human needs of connection, approval, affirmation, and validation met can morph into codependency when we expect unhealthy individuals to meet those needs. Consider some of the statements below and then look at the relationships that you may struggle with. Do any of these apply? Are these basic needs being used to keep you dependent on someone else? Please, reach out to Selah at (616) 510-6305 if you feel you could be experiencing some level of codependency or unhealthy relationship that may have become abusive.

#### Connection:

- Connections give you power; attachments suck the life out of you.
- Relationships don't create connection, connection creates relationships. Not all connections turn into relationships. Accepting this really is freeing.
- Attachments come from a place of trying to fill a void. It's an unhealthy emotional need for someone else to behave a certain way in order to make someone happy.
- Are you using a relationship to fulfill a dream? Are you attached to a specific idea of what your life should be like, and you look for a partner and transfer that attachment to the idea onto him or her?



- When we seek others' approval, we miss opportunities to learn how to approve of ourselves-even if others don't.

# LEARN THE DIFFERENCE BETWEEN CONNECTION AND ATTACHMENT. CONNECTION GIVES YOU POWER, ATTACHMENT SUCKS THE LIFE OUT OF YOU.

#### Affirmation:

- When affirming something, you are offering support, and/or asserting something as fact. Is this your experience, or is someone using it as an opportunity to control you?

#### Validation:

- To validate someone is to acknowledge and accept their feelings/thoughts/beliefs/etc.
- Validation involves expressing understanding, legitimacy, and acceptance of another's experience.
- Validation does not attempt to alter a person's experience, but rather accept it as is.



**Kim Diekevers** & Kayden

### Friendly Faces Waiting to Welcome You!

Meet Kim Diekevers and her licensed therapy dog, Kayden! This pair is often stationed near an entrance before Selah classes. As you can see Kayden loves kids (and adults too!) and is there to provide a little joy and comfort. Kim and Kayden have received extensive training with Therapy Dogs International. Kim, Kayden and her other dogs, Lettie and Karly, also compete nationally in a

variety of events, often receiving high marks and blue ribbons! Thank you Kim for sharing these beautiful creatures with Selah.





selah.empowers@gmail.com



(616) 510-6305



selah-empowers.org



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### **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

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'll be comparing **co-dependency** and a **victim mind-set** using a Leslie Vernick video, which gives us an alternative, **ownership**. Really looking forward to what conversation this will stir as we take a deeper look at destructive personality styles. Please join us this week!

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



Shari Murdock



Shirley Ritsema



Carol Bosch, LMSW



Misty LaFree, LLPC

### Evening Child Care Facilitator:



Elisabeth Richards

SEE PAGE 3 FOR MORE INFO!!













## Pause & Find Strength

**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 LISTENT 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

"I now see how owning our story and loving our-selves through that process is the bravest thing that we will ever do."

– Brené Brown





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