Finding Joy In the Midst of Chaos
“Late Fragment”

“And did you get what you wanted from this life, even so?

I did.

And what did you want?

To call myself beloved, to feel myself beloved on the earth.”

Raymond Carver
We All Have Purpose
Meet Hali...
How would you describe your life?

• Would you say it’s generally chaotic?

• Are there pieces/spaces in your life that don’t have to be chaotic?
A Piece of Advice

• “Prepare for the darkness while you’re in the light.”

Do you have relationships that are a place of light where you gain strength for the journey ahead?
What’s Your Identity?

• When we have children, it’s easy to lose focus on our relationships and our identities other than Mom and Dad.

  • This can be even more challenging when we have a child with special needs.

  • Parenting has always been “Divide and Conquer”
Understanding How We’re Wired

• What’s your personality?
  • Are you an Extrovert or Introvert – E or I? Where do you get your energy?
  • Are you a Sensor or Intuitive – S or N? Do you focus on facts or possibilities?
  • Are you a Thinker or Feeler – T or F? How do you use information or make decisions?
  • Are you a Judger or Perceiver – J or P? Are you a planner or are you spontaneous?
What happens to you...?

• Do you go into “fight or flight?”

• Have you ever considered “pause & plan?”
Understanding My Pain Response

• When you’re in chaos or under stress, how do you feel?
  • Where did those feelings come from?

• When you have these feelings, how do you act?
Understanding My Peace Response

• What’s the truth about me and my situation?

• Because of that truth, I can choose ...
The 4 Steps

• Say what you feel
• Say what you normally do
• Say the truth
• Say what you will do differently.
Us

• What does your “us” look like?
Last Thought

• You’re not alone!

• You always have some power.