

# 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



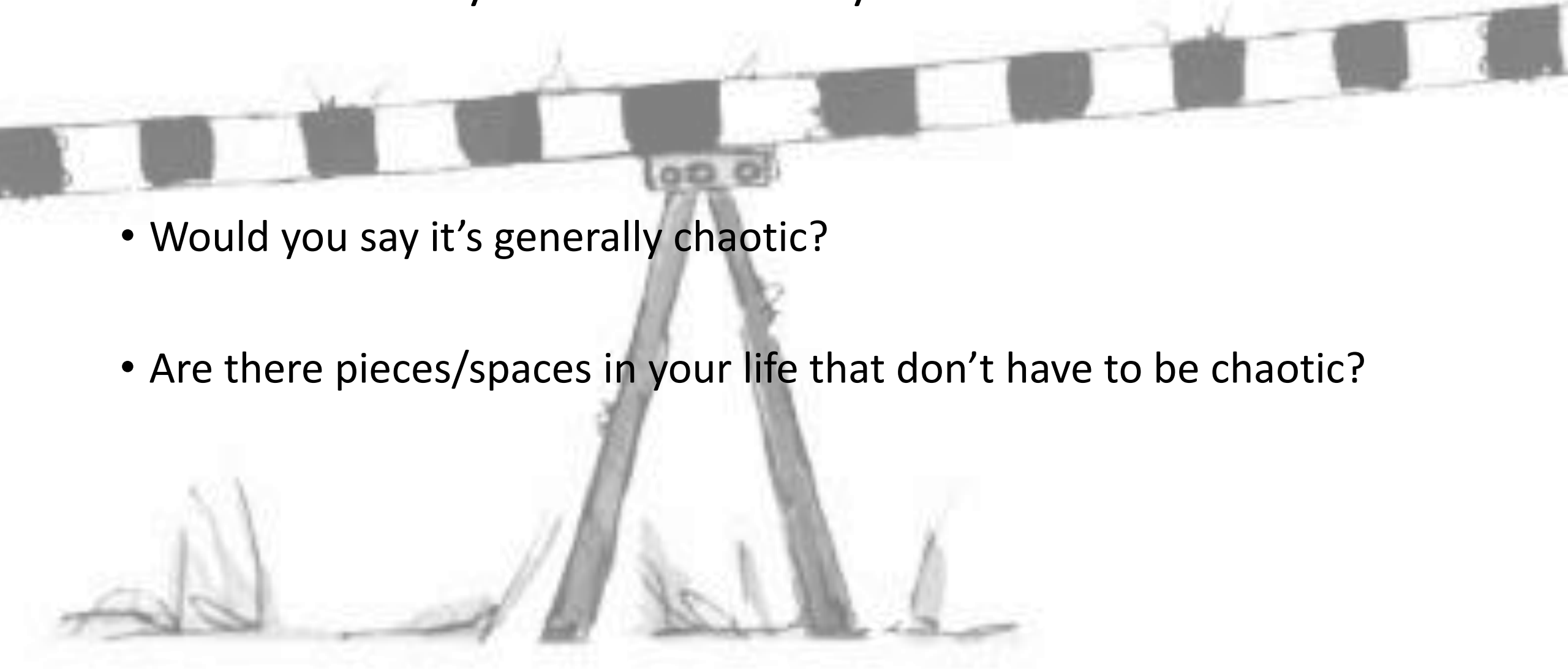


Meet Hali...



# 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

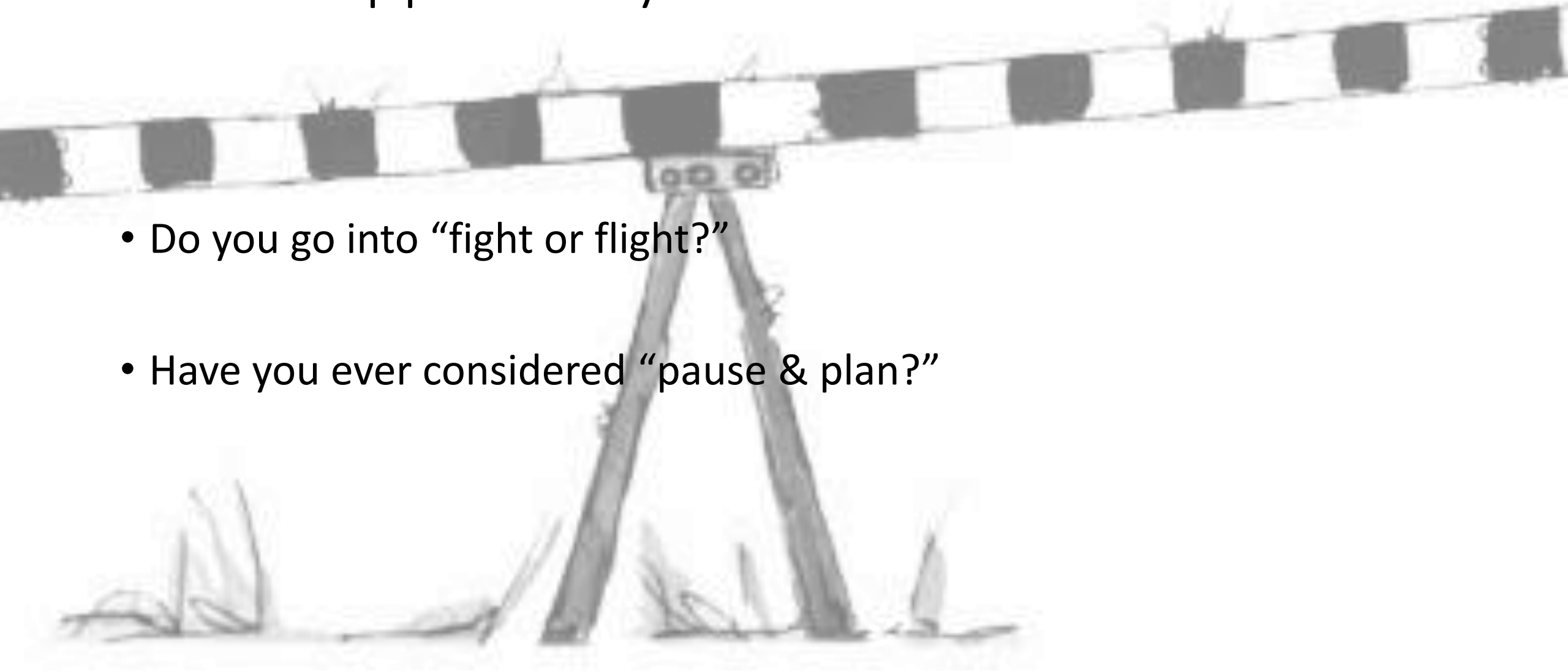


- What's your personality?
  - Are you an Extrovert or Introvert – E or I? Where do you get your energy?
  - Are you a Sensor or Intuitive – S or N? Do you focus on facts or possibilities?
  - Are you a Thinker or Feeler – T or F? How do you use information or make decisions?
  - Are you a Judger or 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?”

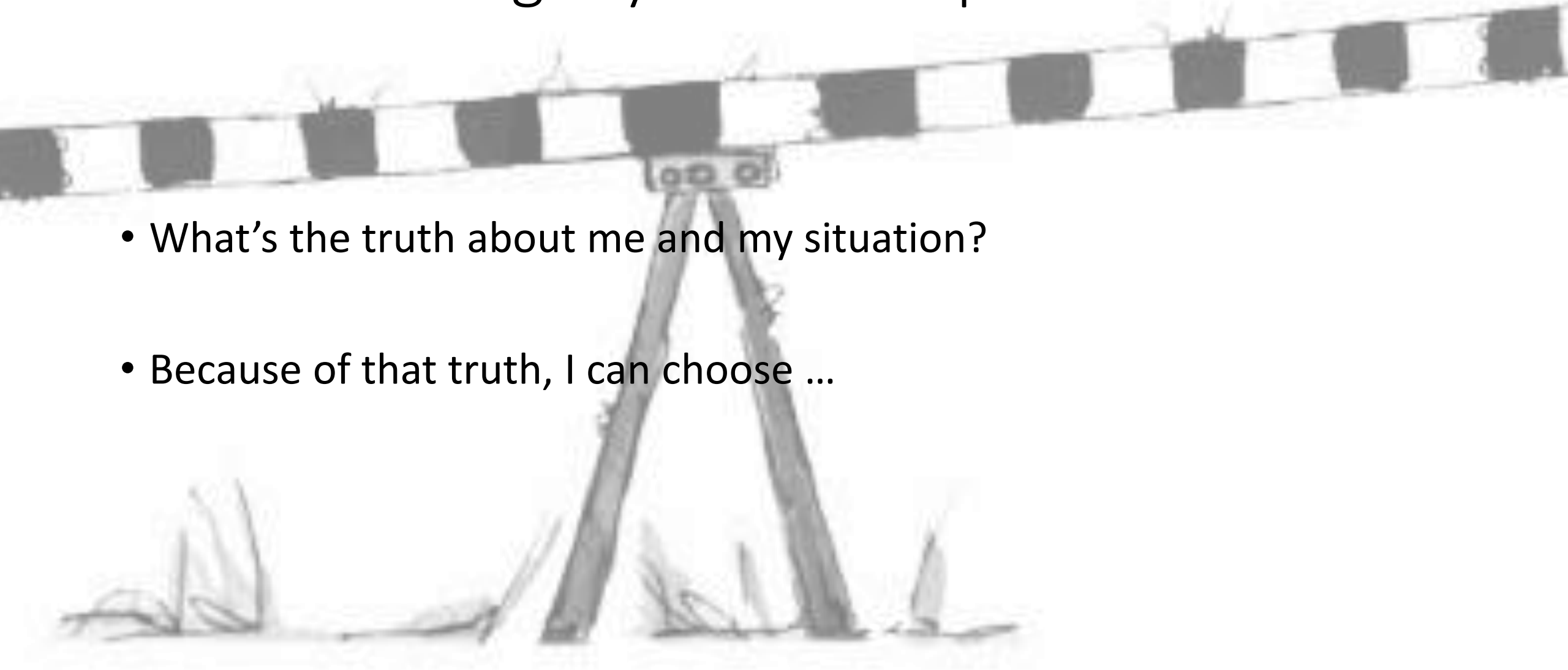


# Understanding My Pain Response

- 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?

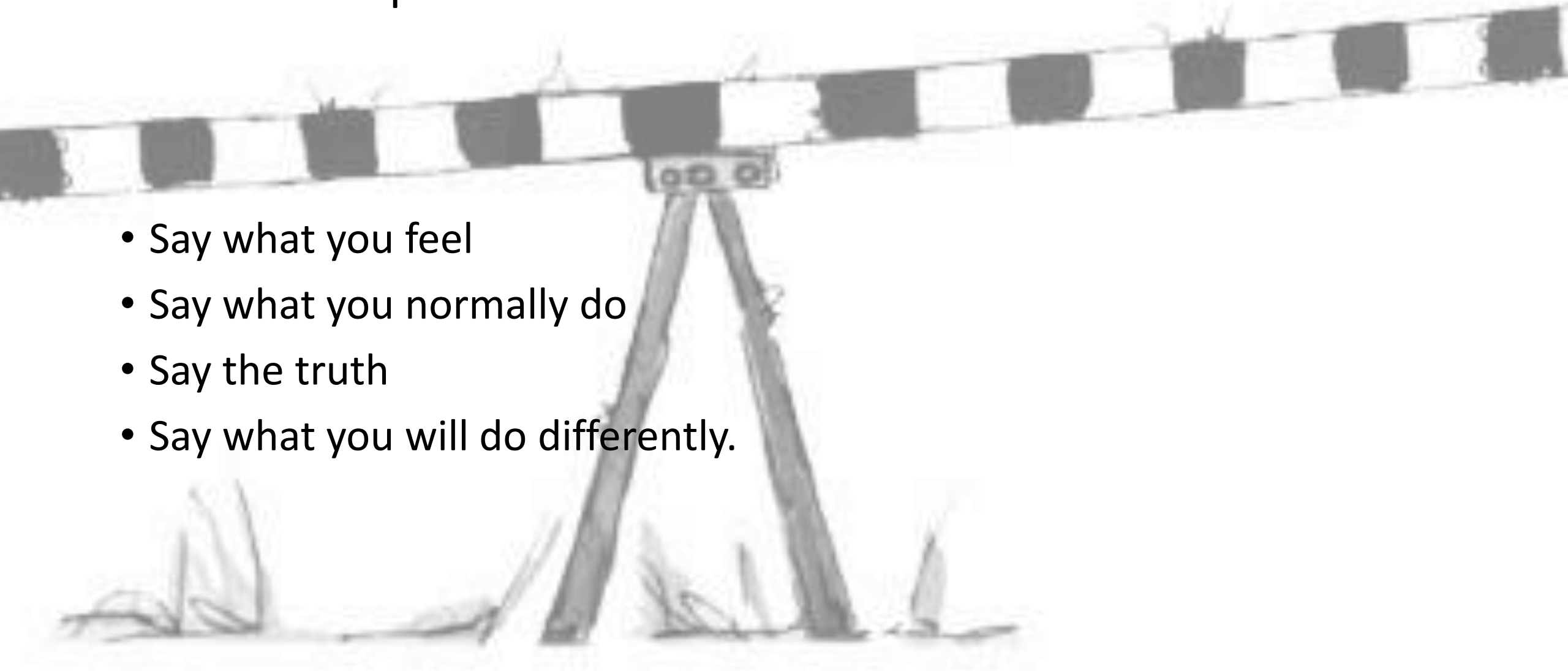
# Understanding My Peace Response

- 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.

