

From Crisis to Surviving to Thriving:

# A Learning Curve

Consistently Thriving

Crisis

Survival Mode

Beginning to Thrive

Crisis	Survival Mode	Beginning to Thrive	Consistently Thriving
<ul style="list-style-type: none"> <li>○ We're in free fall.</li> <li>○ Immobilized by pain</li> <li>○ Shattered hopes</li> <li>○ Death of our old life</li> <li>○ Feelings of utter inadequacy: "I can't do this."</li> <li>○ Lack of support systems</li> <li>○ Lack of self-care</li> <li>○ In need of foundational principles and strategies</li> </ul>	<ul style="list-style-type: none"> <li>○ Beginning to practice self-care</li> <li>○ Working through stages of grief</li> <li>○ Seeking support (e.g., early intervention, counseling, child care)</li> <li>○ Starting to establish some routines</li> <li>○ Grappling with the new normal</li> <li>○ Beginning to make healthy choices</li> <li>○ Recognizing need for a growth mindset</li> </ul>	<ul style="list-style-type: none"> <li>○ Attending to self-care</li> <li>○ Solidifying growth mindset</li> <li>○ Building win-win strategies</li> <li>○ Continuing to establish boundaries</li> <li>○ Beginning to create support teams</li> <li>○ Cultivating agreement in core relationships (marriage, support teams, etc.)</li> <li>○ Acting on the question: What works for us?</li> </ul>	<ul style="list-style-type: none"> <li>○ Consistently practicing self-care</li> <li>○ Consistently creating support teams</li> <li>○ Consistent support systems in place</li> <li>○ Continuous growth for us, our child, and our relationships</li> <li>○ Assessing and responding to changes, challenges, and crises and moving forward</li> </ul>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">When in Crisis</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">When in Survival Mode</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">To Begin to Thrive</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">To Thrive Consistently</div>
<p><b>Embrace Foundational Principles:</b></p> <ul style="list-style-type: none"> <li>○ Our child is a gift.</li> <li>○ This is our life.</li> <li>○ We GET to do this.</li> <li>○ We say yes to what's healthy for our family and child, and no to what is unhealthy (the principle of Boundaries).</li> <li>○ Self-care is essential: spirituality, humor, sanity, health.</li> </ul>	<p><b>Cultivate a Growth Mindset:</b></p> <ul style="list-style-type: none"> <li>○ We believe growth is possible for all of us.</li> <li>○ We embrace challenges and don't give up easily.</li> <li>○ We work on growth strategies as a way to move forward.</li> <li>○ We prioritize self-care: spirituality, humor, sanity, health</li> </ul>	<p><b>Build Win-Win Strategies</b></p> <ul style="list-style-type: none"> <li>○ We separate the person from the problem.</li> <li>○ We focus on our interests and don't stake out positions.</li> <li>○ We seek win-win solutions.</li> <li>○ We use external criteria (<i>Getting to Yes, Ury</i>)</li> <li>○ We consistently practice Boundaries.</li> <li>○ We don't make significant decisions without Agreement.</li> </ul>	<p><b>Create Support Teams</b></p> <ul style="list-style-type: none"> <li>○ We recognize that we can't do this alone.</li> <li>○ We recognize that there are people who want to be partners.</li> <li>○ We collaborate with those who are willing to be part of a team to support our child.</li> <li>○ We work toward healthy outcomes for our child and others.</li> </ul>