

From Crisis to Surviving to Thriving:

A Learning Curve

Crisis

Survival
Mode

Beginning
to Thrive

Consistently
Thriving

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