

RECOGNITION

"A person's name is to that person, the sweetest, most important sound in any language."

DALE CARNEGIE

"A person's name is the greatest connection to their own identity and individuality. Some say it is the most important word in the world to that person."

JOYCE E. A. RUSSELL



UNDERSTANDING

"The art and science of asking questions is the source of all knowledge."

THOMAS BERGER



EXPRESSIONS

"The deepest principle in human nature is the craving to be appreciated."

WILLIAM JAMES

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

WILLIAM ARTHUR WARD

"The happy phrasing of a compliment is one of the rarest of human gifts and the happy delivery of it another."

MARK TWAIN





UNDERSTAND

SURRENDER

ACCEPT



UNDERSTANDING

"The power to make experience intelligible by applying concepts and categories."

THE 3 PARTS OF UNDERSTANDING:

1

A

2

E

3

W



SURRENDER

"To give oneself over to something."

THE 3 PARTS OF SURRENDER



ACCEPTANCE

"The action of consenting to receive or undertake something offered."

THE 3 PARTS OF ACCEPTANCE

1

R

2

S

3

H





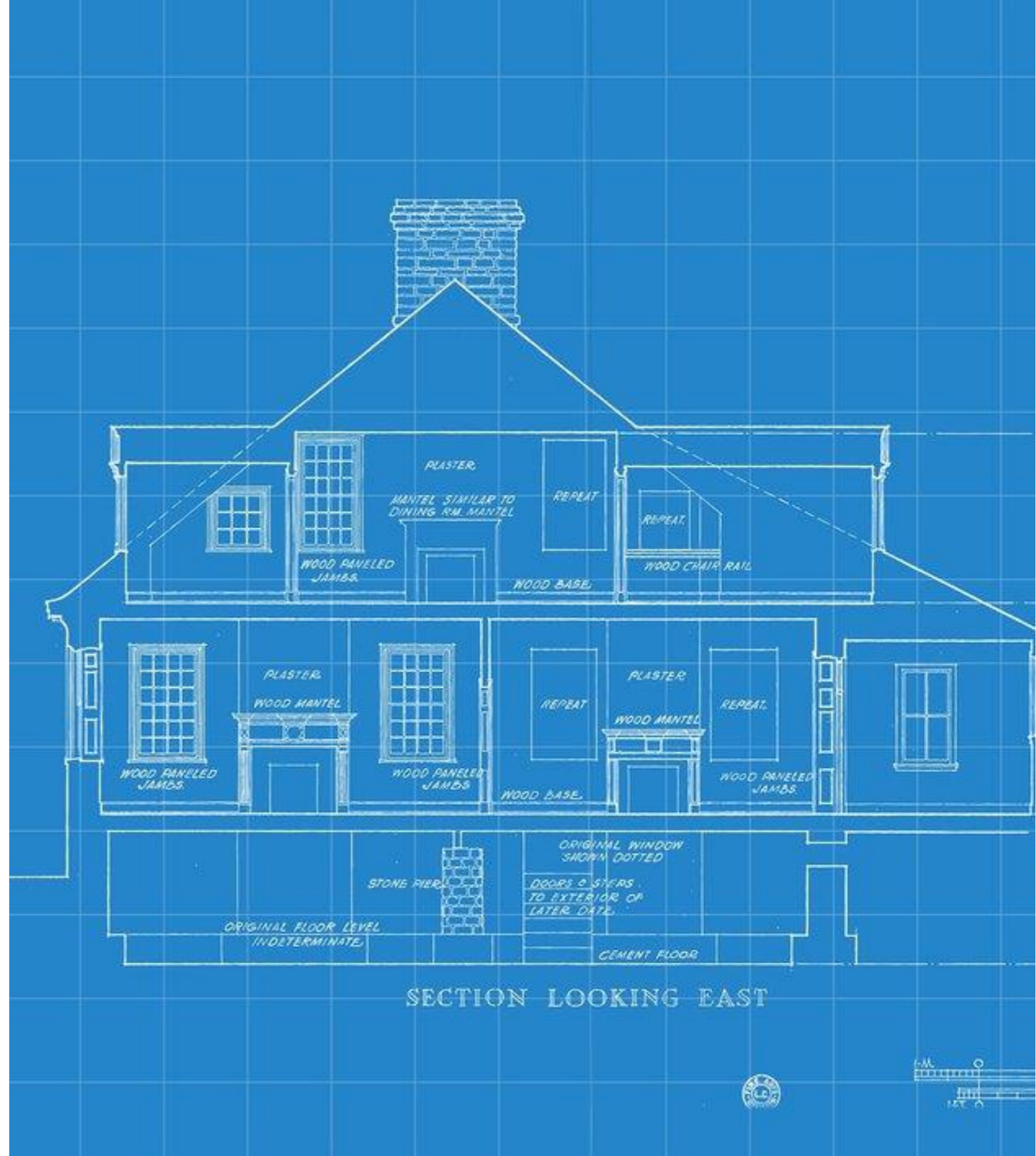
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Reconstructing A Life Divided
Into A Life United



After a loss, a forensic analysis to determine the cause is required.

- To Build Anew, You Need A Blueprint.

- And An Architect To Help You Create The Plans.



Building Materials Cost Estimate

| Category | Item | Material | Size/Description | Quantity | Unit Cost | Cost |
|-----------------|------------------------|-----------------------------|---|----------|-----------|--------|
| Floor | Floor | Concrete | Cubic yard | | \$98.00 | \$0.00 |
| | Rebar | Steel | #4 (1/2in. X 10ft) | | \$4.78 | \$0.00 |
| | Forms | Pine | 2in. x 4in. - 12ft | | \$2.41 | \$0.00 |
| | Forms | Pine | 2in. x 4in. - 16ft | | \$3.75 | \$0.00 |
| Walls | Stud | Pine | 2in. x 4in. - 92 5/8in. | | \$1.79 | \$0.00 |
| | Partial Studs | Pine | 2in. x 4in. - 8ft | | \$1.79 | \$0.00 |
| | Top Plate | Pine | 2in. x 4in. - 8ft | | \$1.79 | \$0.00 |
| | Sole Plate | Pine | 2in. x 4in. - 8ft | | \$1.79 | \$0.00 |
| | Headers | Pine | 2in. x 6in. - 8ft | | \$2.89 | \$0.00 |
| | Wall Sheathing | OSB | 1/2in. x 4ft x 8ft sheet | | \$6.85 | \$0.00 |
| | Siding | 3/4in. Wood Bevel Siding | Bundle of 200 sq. ft | | \$300.00 | \$0.00 |
| | Wall Finish (interior) | OSB | 1/2in. x 4ft x 8ft sheet | | \$6.85 | \$0.00 |
| | Paint | Exterior Latex Paint | Gallon (400 sq. ft per gallon) 2 coats | | \$15.99 | \$0.00 |
| | R-11 Batt Insulation | Fiberglass | 3.5in. x 15in. - 40 sq. ft | | \$8.48 | \$0.00 |
| | Anchor Bolt | Steel | 1/2in. Ø x 6in. | | \$0.42 | \$0.00 |
| Openings | Double Hung Window | Vinyl | 24in. x 36in. | | \$134.00 | \$0.00 |
| | Door | Steel | Double - 7ft x 80in. | | \$250.00 | \$0.00 |
| Roof | Ridge Board | Pine | 2in. x 8in. - 8ft | | \$3.29 | \$0.00 |
| | Rafters | Pine | 2in. x 6in. - 8ft | | \$2.89 | \$0.00 |
| | Blocking | Pine | 2in. x 6in. - 8ft | | \$2.89 | \$0.00 |
| | Sheathing | Oriented Strand Board (OSB) | 7/16in. x 4ft x 8ft sheet | | \$6.39 | \$0.00 |
| | Roofing Felt 15# | | Roll covers 500 sq. ft. | | \$23.67 | \$0.00 |
| | Shingles | Composition/Asphalt | Square (covers 100 sq. ft.) | | \$23.80 | \$0.00 |
| | R-19 Batt Insulation | Fiberglass | 5.5in. x 15in. - 87.5 sq. ft | | \$27.84 | \$0.00 |
| Fascia | Pine | 1in. x 8in. - 10ft | | \$12.69 | \$0.00 | |

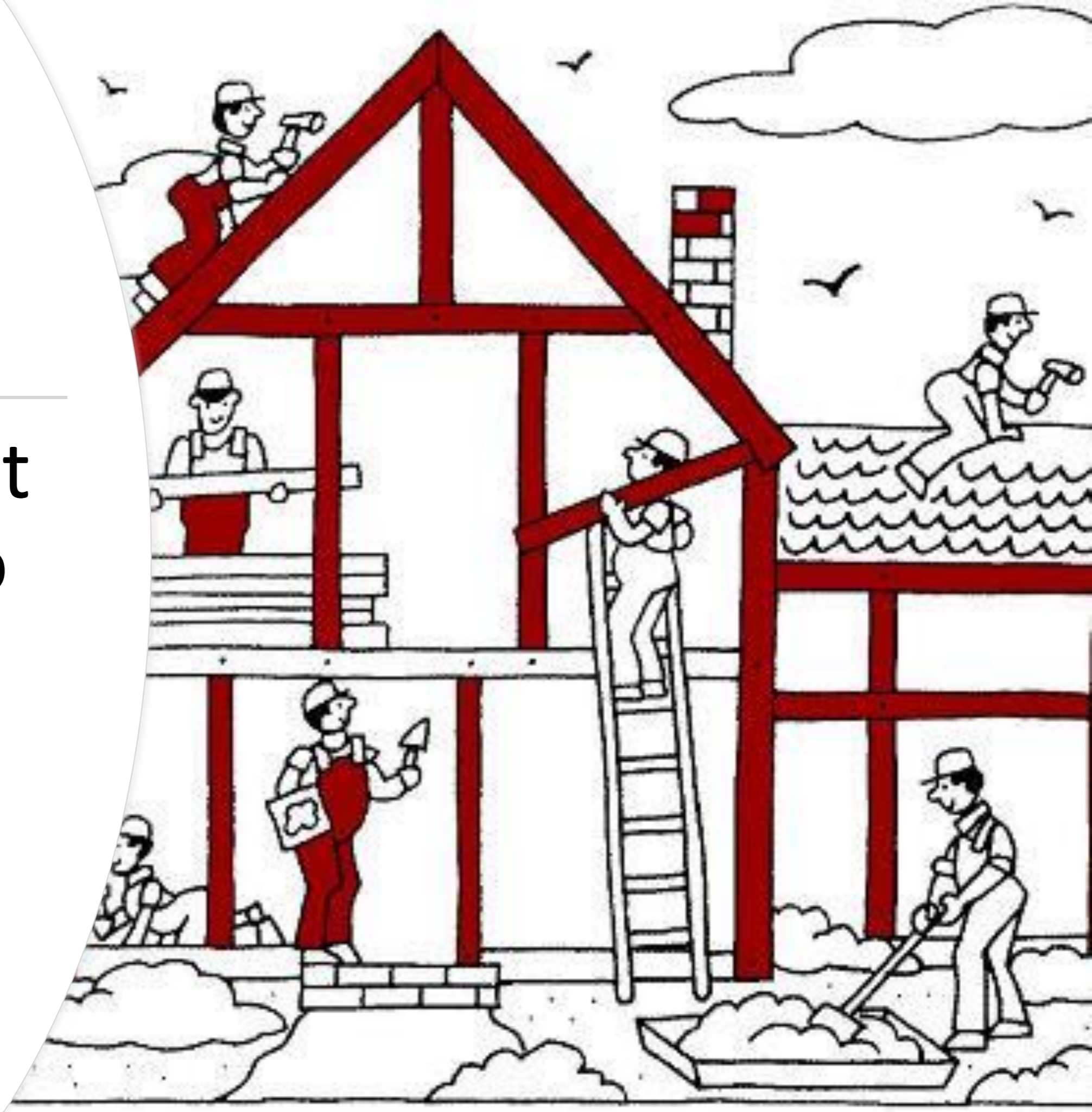
**What's Your
 New Life
 Going To Be
 Made Of ?**



Where Will
You Build And
What Type of
Foundation
Will You
Have?



**We Don't
Need To
Build
Alone!**

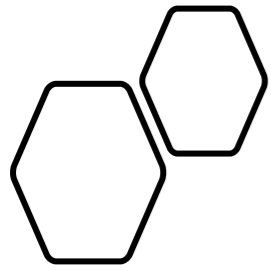




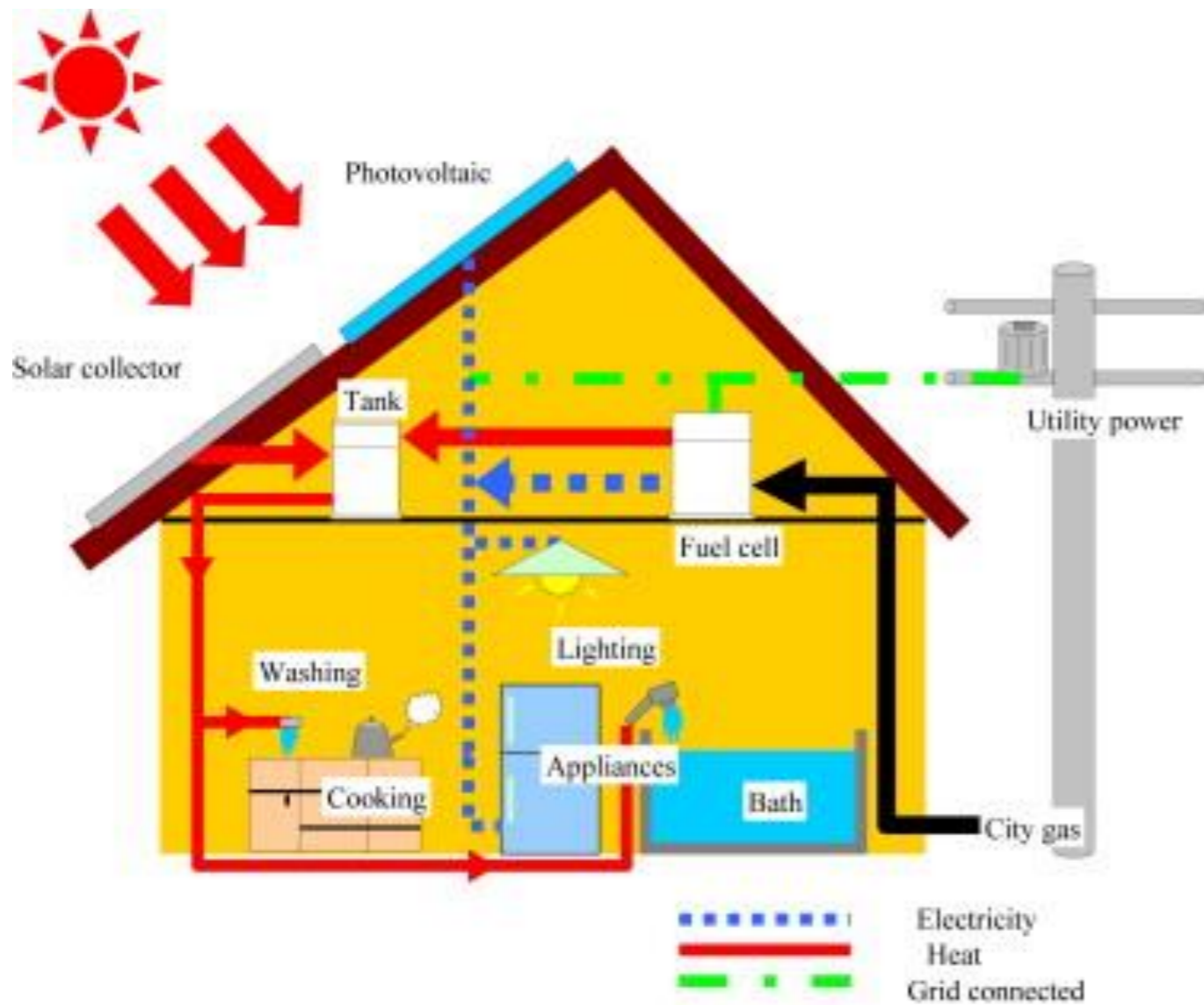
**Time For The
Skilled Trades
To Come In.**



A Change In View



What's On Top Of
The House?



We
 Need
 Power
 & Fuel.

The Most Important Part Of The House.





**We Must
Maintain What
We Have Built.**

DEFENSIBLE SPACE ZONES



The Need For Defensible Space

**I DON'T KNOW
WHAT TO SAY**

**LEARNING THE
LANGUAGE OF
MENTAL HEALTH**



DAVID WOODS BARTLEY



**WHY IS IT SO
DIFFICULT TO TALK
OPENLY ABOUT
MENTAL ILLNESS?**



DAVID WOODS BARTLEY



Kyobi Arts Networking Group 2020

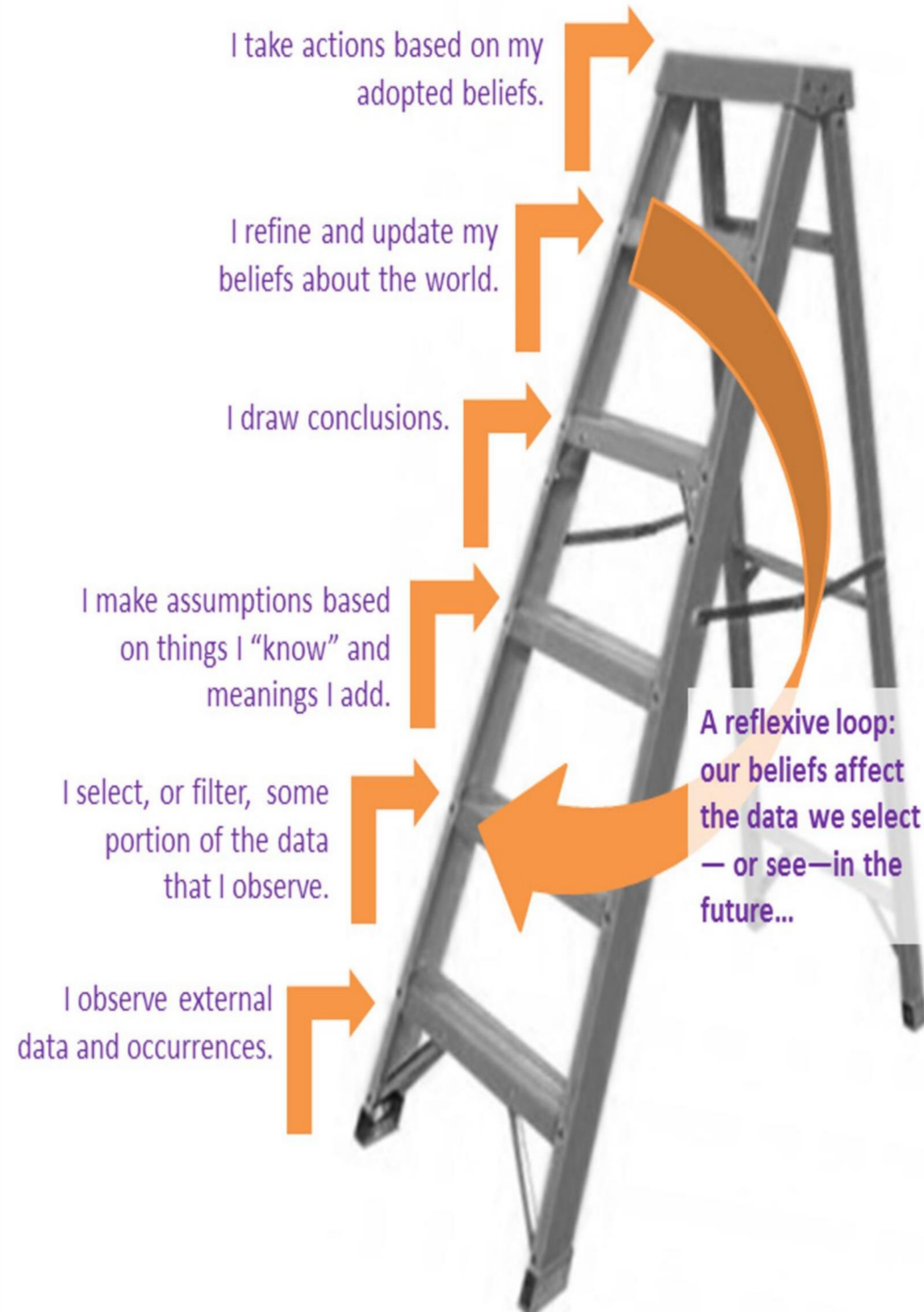
YARD

ASSUMPTION BLOCKS CONNECTION

*"A THING THAT IS ACCEPTED AS
TRUE OF AS CERTAIN TO HAPPEN
WITHOUT PROOF."*



The Ladder of Inference



Adapted from Chris Argyris and Peter Senge



Most Common Types

- **Major Depressive Disorder:** The prominent symptom of major depressive disorder is a severe and persistent low mood, profound sadness, or a sense of despair. Major depression is more than just a passing blue mood, a "bad day" or temporary sadness. The mood changes that occur are defined as lasting at least two weeks but usually they go on much longer.
- **Bipolar Disorder:** Once known as manic-depressive disorder or manic depression, this is a form of depression in which periods of deep depression alternate with periods of hyperactivity and uncontrolled elation (mania).
- **Anxiety Disorders: several types, usually clustered** - generalized anxiety disorder, panic disorder, specific phobias, social phobia, Obsessive-Compulsive disorder, stress disorders.



What it's Like to Live With...

Depression: *"I don't want to see anyone. I lie in the bedroom with the curtains drawn and nothingness washing over me like a sluggish wave. Whatever is happening to me is my own fault. I have done something wrong, something so huge I can't even see it, something that's drowning me. I am inadequate and stupid, without worth. I might as well be dead."*

Bipolar: *"The mania part is awesome. The best part of mania is that I'm so optimistic about everything. You could crash a car through my house and I'd reply, "What a great time to build something new!" I'm my most creative during this process, so I'm doing as much as possible to capitalize on it. Artistic or constructive, I'm up for anything."*

"When the depression sets in, and I think about the future, I don't like what I see. I only envision more troubles, endless work, and a string of letdowns."

"In the middle, this is what I imagine it's like for everyone else. I wake up in the morning and I feel fine. I don't dread going about my day. I go to work, get things done, and have plenty of energy all day long."

Anxiety: *"A dreadful feeling creeps in, a whirl of nasty butterflies infiltrates my stomach, and I can't take a deep breath. Then it escalates to me feeling completely out of control, tears staining my cheeks. When it passes, I feel like I've been up all night. I want to nap for days in a safe, quiet space."*





WHAT TO LOOK FOR

Symptoms

- Cognitive ability decreases
- Isolation and loss of morale
- Emotional intensity increases
- Behavior and judgment impaired
- Exhaustion and physical ailments
- Constant tiredness, even after resting
- Difficulty falling asleep or excessive sleeping
- Loss of self-worth and emotional modulation
- Feeling helpless or hopeless about the future
- Feeling disconnected from your emotions and/or your body
- Increased levels of anger, irritability, resentment, or cynicism



THE ROAD TO A BAD PLACE

THE 3 STEPS TOWARDS SELF-DEFEATING BEHAVIOR:



1. Begins with dark thoughts.
2. Awful thoughts trigger difficult emotions.
3. Troubled emotions can lead to harmful actions.



WHAT SOMEONE LIVING WITH A MENTAL ILLNESS MIGHT SAY TO ALERT YOU.

- *“I’m just tired.”*
- *“I’m not doing well today.”*
- *“I’m surviving.”*
- *“I’m hanging in there.”*
- *“I feel off.”*
- *“You don’t understand, no one understands.”*
- *“I have it handled.”*
- *“I’m here.”*
- *“Others have it much worse.”*
- *“My soul is tired.”*



TYPES OF QUESTIONS TO ASK

- The best questions begin with "What" and "How" versus "Why" and "When."
- In response to behavior that makes no sense, it's best to shift from automatic, "what's wrong with you," to, "what happened to you?"
- *How are you feeling, really?*
- *What does it feel like to live with...*
- *What's it like on your worst days?*
- *How has your condition impacted you?*
- *What do you want the world to know about...?*
- *How can I support you do you know I care and I'm here for you?*



*"It's the unasked
questions that lead
to tragedy."*

DR. PAUL QUINNETT



The **AWESOME** Power of Listening

“People much be given the opportunity to hurt out loud.”

LADY BIRD JOHNSON

“A loving silence often has far more power to heal and to connect than the most well-intentioned words.”

DR. NAOMI RAMEN, M.D.
KITCHEN TABLE WISDOM



WHAT NOT TO SAY

"Be sure to taste your words before you spit them out."

ANONYMOUS

"Be mindful when it comes to your words. A string of some that don't mean much to you may stick with someone for a lifetime."

RACHEL WOLCHIN



WHAT NOT TO SAY

- “There are children starving in Africa, think about how good you have it.”
- "Most folks are about as happy as they make up their minds to be."
- “Yeah. I’ve had similar problems, I just didn’t let them control me.”
- "Take a hot bath. That's what I always do when I'm upset."
- “What are you worried about? You should be fine.”
- "That which does not kill us makes us stronger."
- "You're always worried about *your* problems."
- "Well, everyone gets depressed sometimes!"
- "Everybody has a bad day now and then."
- "You never think of anyone but yourself."
- "You'll be a better person because of it!"
- “Just try to be positive. Positivity is key.”
- "You should buy nicer clothes to wear.“
- “You have no reason to feel this way.”
- “You seem great, are you cured?”
- "You're just looking for attention."
- "Your problems aren't that big."
- “Do you want to get better?”
- “You don't look depressed!"
- "Just don't think about it."
- "Have you got PMS?"
- "It's your own fault."
- "You're so selfish!"



One of the very *WORST* things to say:

*“I know exactly how
you feel.”*



DAVID WOODS BARTLEY

WHAT TO SAY

*"Words are, of course, the most powerful drug
used by mankind."*

RUDYARD KIPLING

(FROM A SPEECH MADE TO ROYAL COLLEGE OF SURGEONS, LONDON, 1923)

*"The human soul doesn't want to be advised or fixed
or saved. It simply wants to be witnessed."*

PARKER PALMER



WHAT TO SAY

- "I love you!"
- "I'm here for you."
- "You are so brave."
- "It's not your fault."
- "This does not define you!"
- "You and me, we got this!"
- "You are so important to me."
- "It's OK to feel the way you do."
- "Your diagnosis is not your identity."
- "You matter to me and so do your feelings."
- "I can imagine you've been to hell and back."
- "You are a total badass for fighting this battle!"
- "You did not ask for this or bring this on yourself."
- "When all this is over, I'll still be here, and so will you."
- "Be gentle with yourself. You are doing the best you can."
- "You're not alone in this, and I'm not going to abandon you."
- "You did not ask for this or bring this on yourself. It's not your fault!"
- "You are important to me. You matter to me and so do your feelings."
- "You have survived 100% of your worse days, and we will get through this together."
- "I believe you will get through this, and I am going to be here with you every step of the way."



BE
THE
REASON
SOMEONE
SMILES
TODAY

Phrases that people love to hear

"I was thinking about you."

"What do you think?"

"I love the way you see the world."

"The last time we spoke you told me X."

"I followed your advice."

"I really admire X about you."

"I love your energy."

"I saw this, and it reminded me of you."

By Michael Thompson in Medium 2/3/20

One of the very *BEST* things to say:

“It has taken me a long time to believe in the power of simply saying, 'I'm sorry,' when someone is in pain. And meaning it.”

DR. NAOMI RAMEN, M.D.
KITCHEN TABLE WISDOM



***"Thank you for telling me
how you feel."***



GAME TIME!



DAVID WOODS BARTLEY





