

# RECOGNITION

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*"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

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*"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**



# AWARENESS

*To become mindful of how your condition is influencing your thinking, feelings and actions.*



# EDUCATION

*To become knowledgeable about what your condition is and what it isn't. The various forms it takes, how many people it impacts, and what are the signs to look for in yourself and others.*



# WILLINGNESS

*To be prepared to do the things  
that people who live well do.*





# SURRENDER

*"To give oneself over to something."*

## THE 3 PARTS OF SURRENDER



# RELEASE

*To let go of the false identity  
created by your condition.*



# YIELD

*To the possibility that you can  
indeed be well and enjoy the  
bliss of mental health.*



# FALL

*Back into the arms of the  
people who can help you.*



# ACCEPTANCE

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

## THE 3 PARTS OF ACCEPTANCE

**1**

**R**

**2**

**S**

**3**

**H**



# RESPONSIBILITY

*Accept responsibility to do the work that needs to be done.*



# SELF

*Accept yourself as you are.*



# HELP

*Accept help from others.*







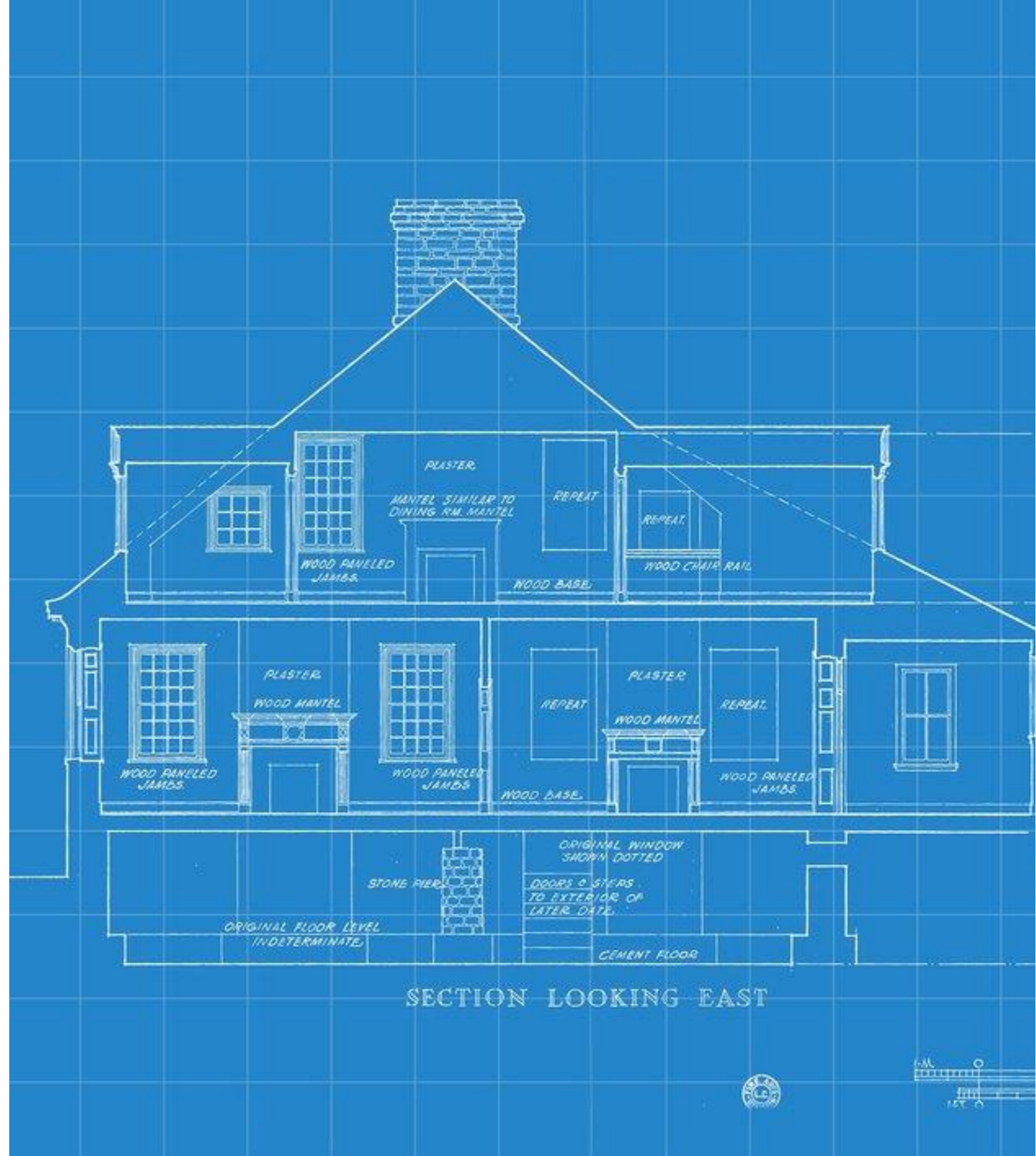
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Reconstructing A Life Divided  
Into A Life United



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
<b>Floor</b>	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
<b>Walls</b>	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
<b>Openings</b>	Double Hung Window	Vinyl	24in. x 36in.		\$134.00	\$0.00
	Door	Steel	Double - 7ft x 80in.		\$250.00	\$0.00
<b>Roof</b>	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	

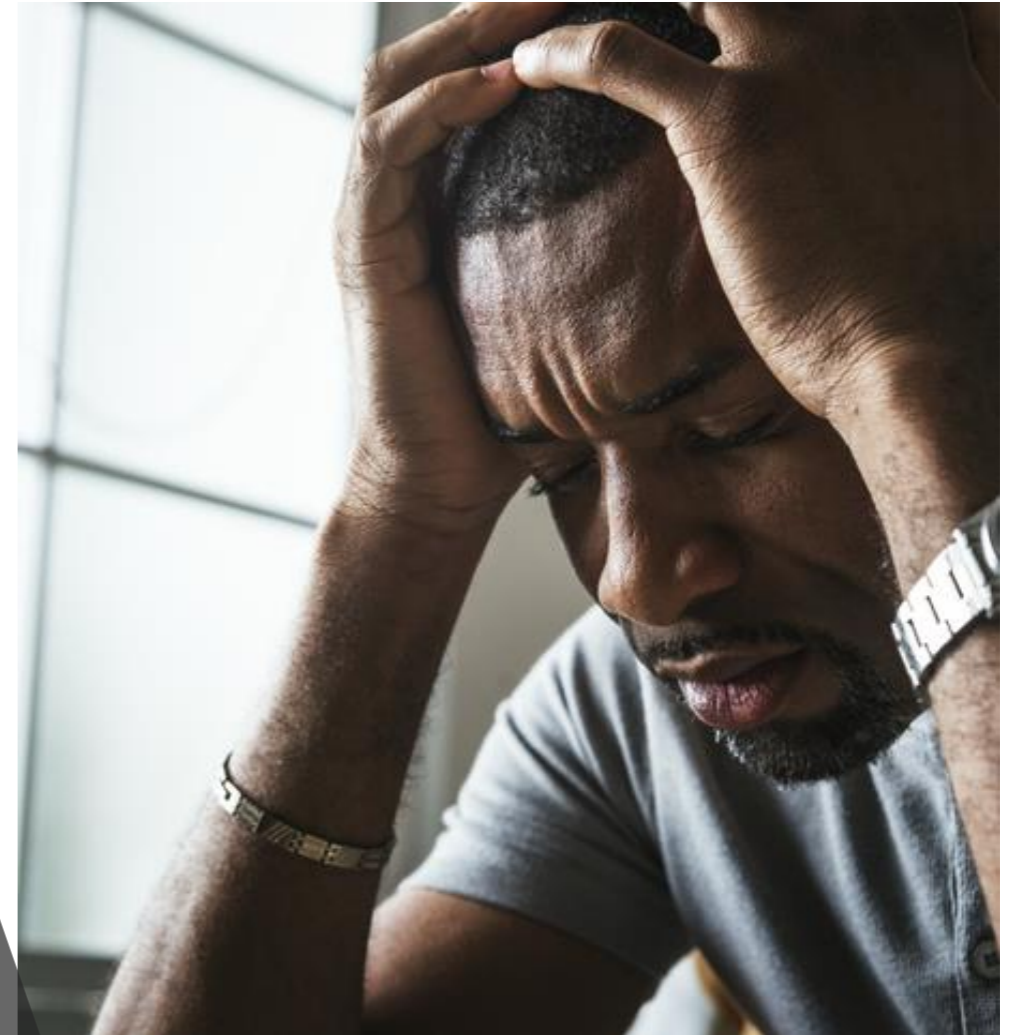
**What's Your  
 New Life  
 Going To Be  
 Made Of ?**



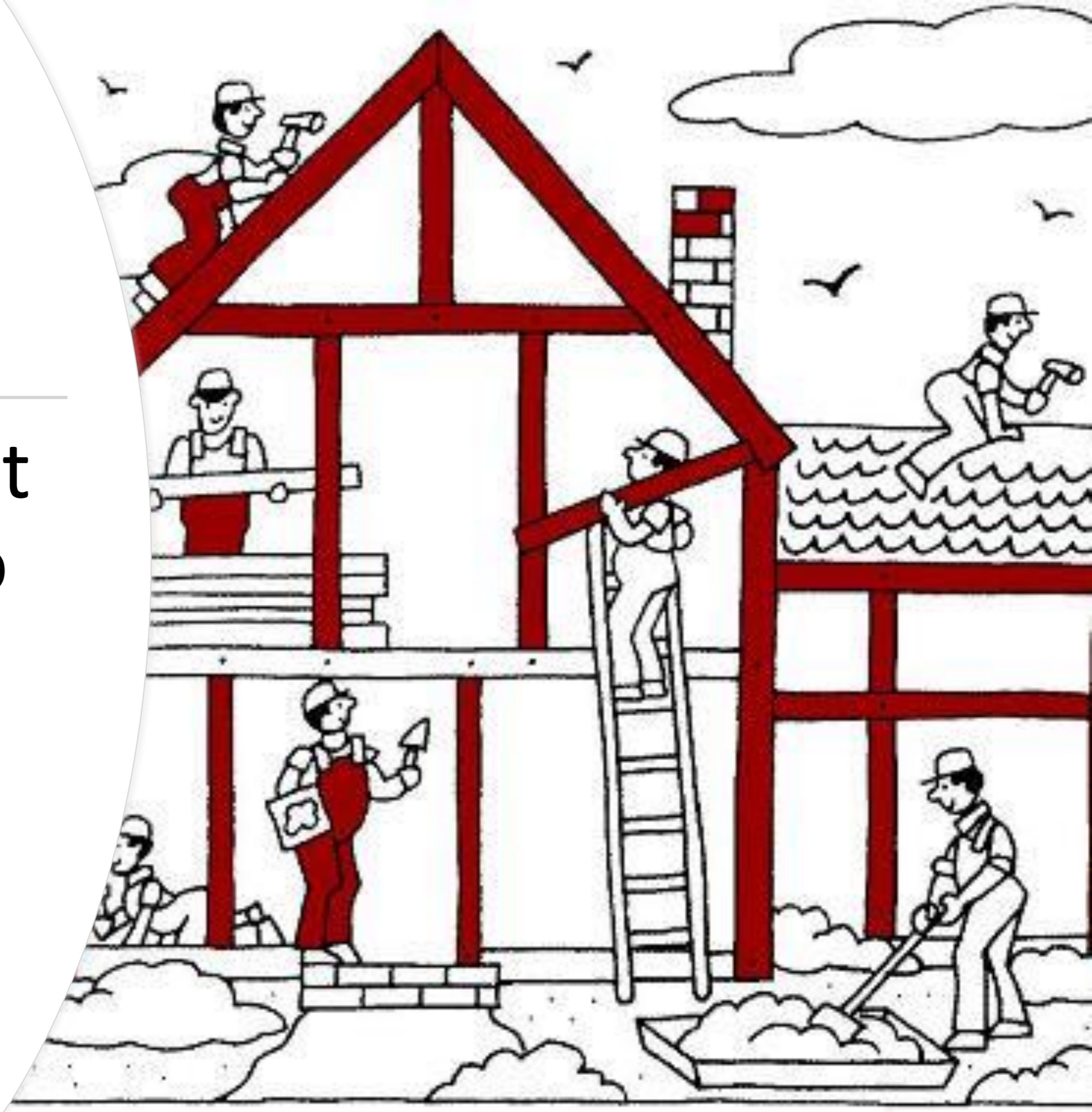
Where Will  
You Build And  
What Type of  
Foundation  
Will You  
Have?



Once Building Begins,  
It's Easy To Become  
Overwhelmed!



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





At One Point, Things Begin To Take Shape.

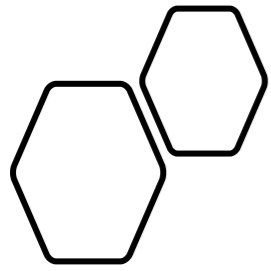




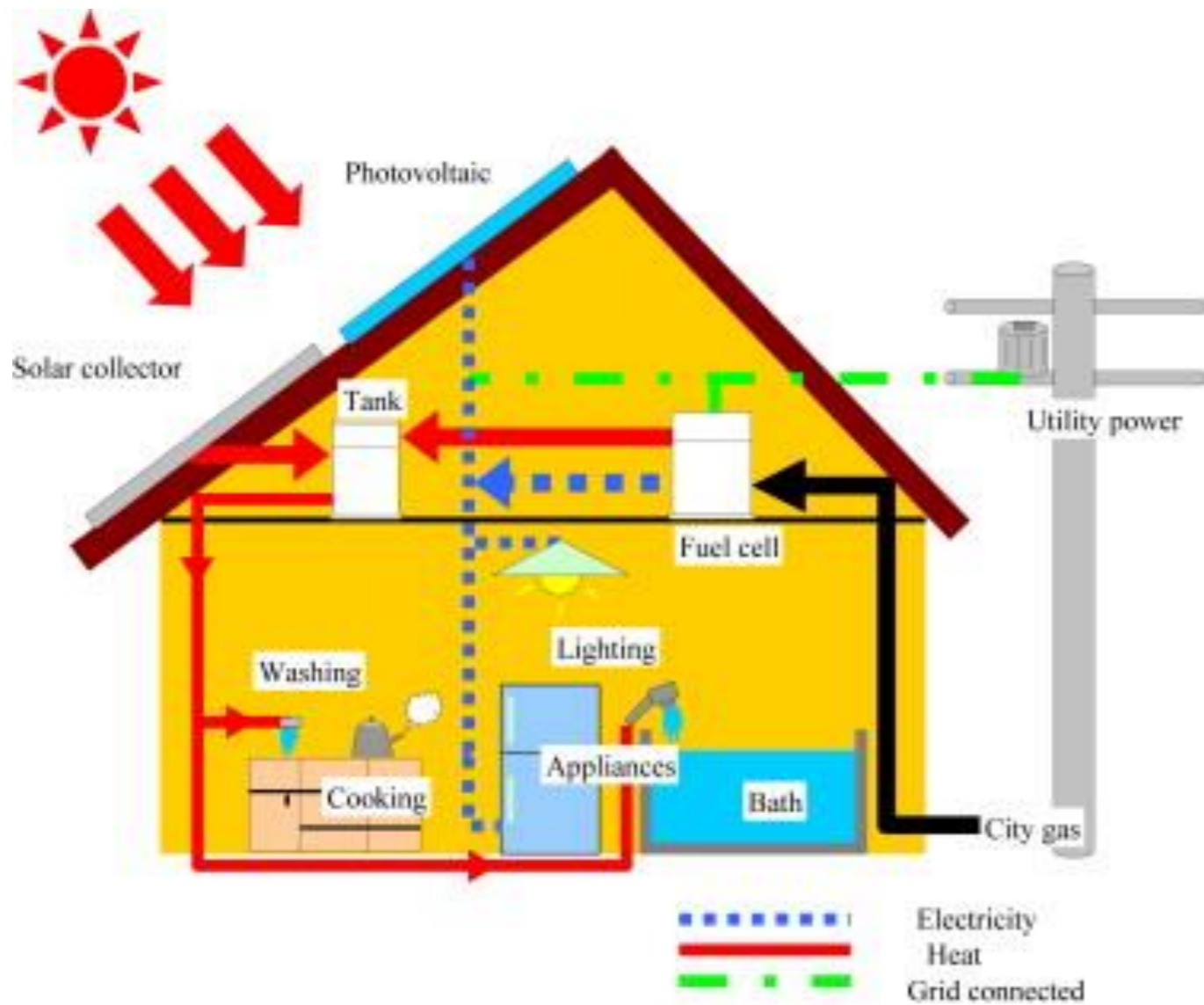
**Time For The  
Skilled Trades  
To Come In.**



**A Change In View**



What's On Top Of  
The House?



We  
Need  
Power  
& Fuel.

The Most  
Important  
Part Of The  
House.





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

## DEFENSIBLE SPACE ZONES



# The Need For Defensible Space



# All We Need Is A Bucket Of Sweet Grain

