

A person with long hair, seen from behind, stands in a vast green field. They are wearing a dark jacket. In the background, there are rolling green hills and mountains under a clear blue sky. The sun is low in the sky, creating a warm, golden light and a lens flare effect on the right side of the image.

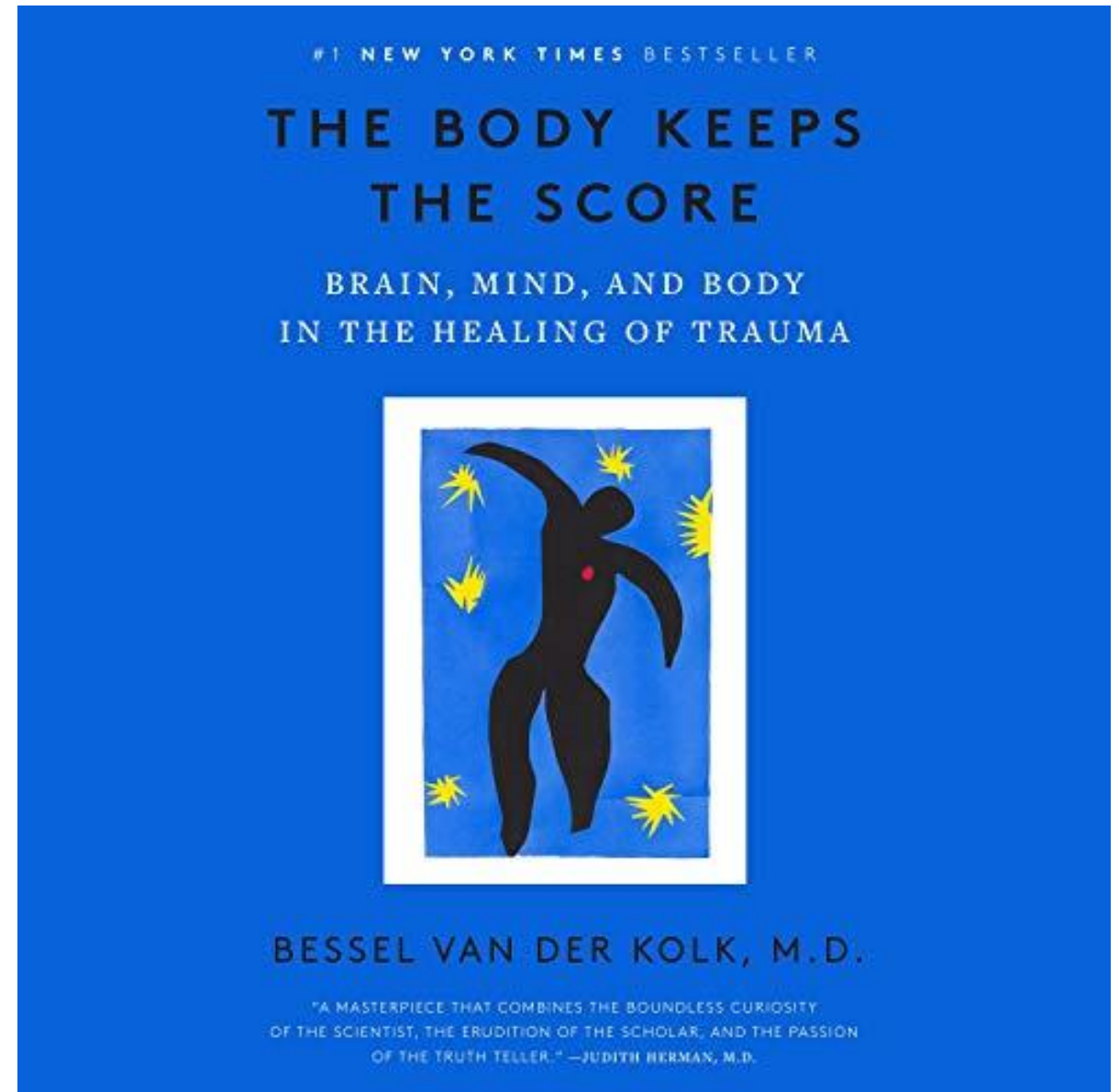
Strategies for How to Find Healing and Hope to Use Our Stories Well in the Present and The Future

Facilitated by Ruth E. Van Reken

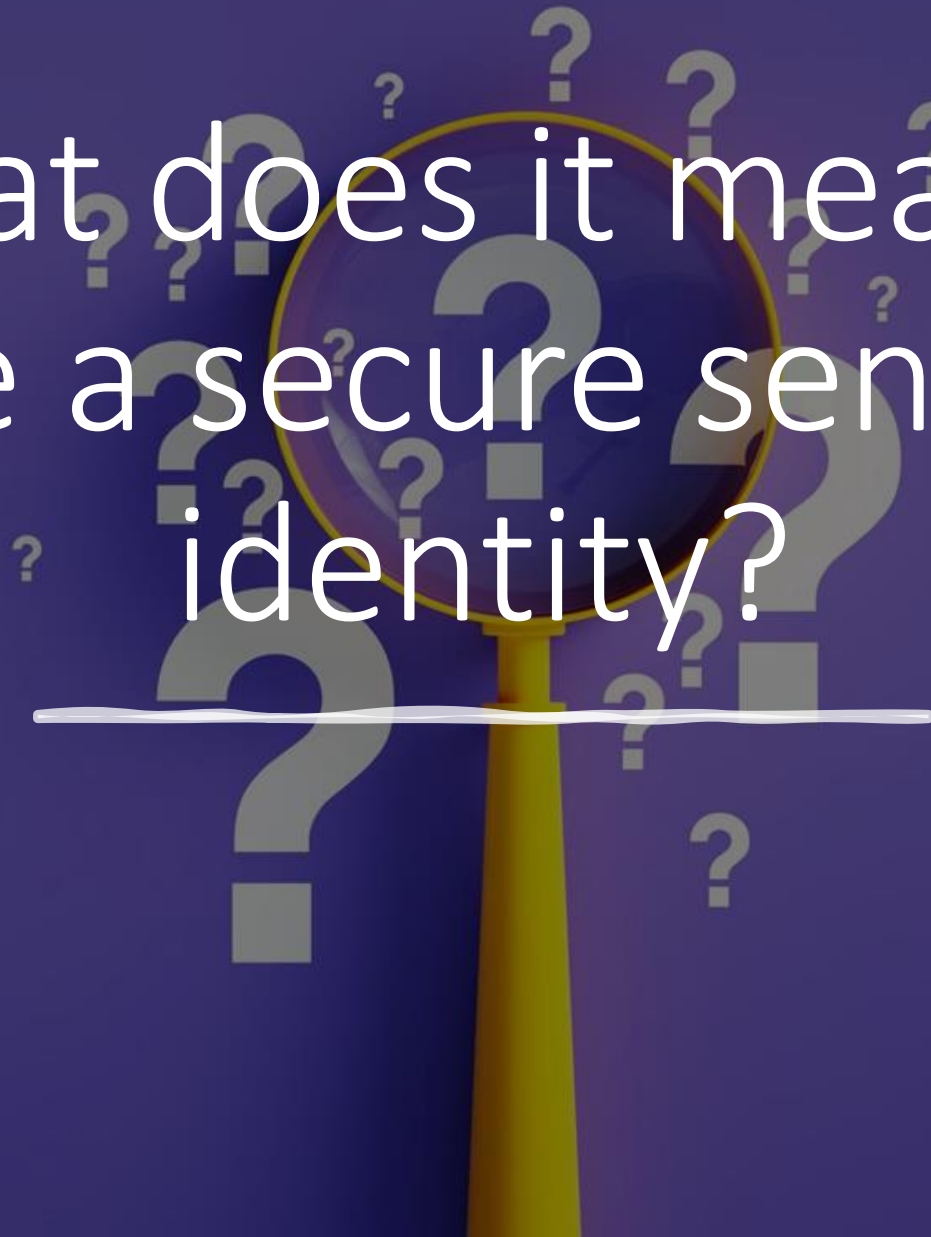
PNG-KLS-SPLC Retreat

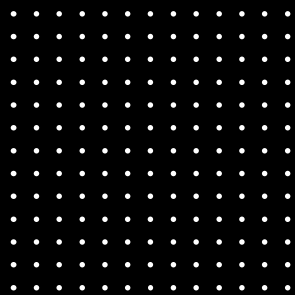


October 7, 2023

Book I forgot
to mention...



What does it mean to
have a secure sense of
identity?

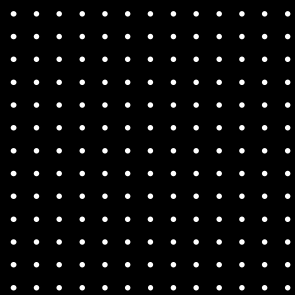






Sharon
Willmer's
quote...

- “There are two common elements I see lacking in the MKs I counsel. The first is a loss of comfort. The second is the loss of a sense of personhood, what it means to be made in the image of God.”

- Written in 1984



Sharon
Willmer's
quote...

- “There are two common elements I see lacking in the [TCKs] I counsel. The first is a loss of comfort. The second is the loss of a sense of personhood, what it means to be [human].”

- Written in 1984



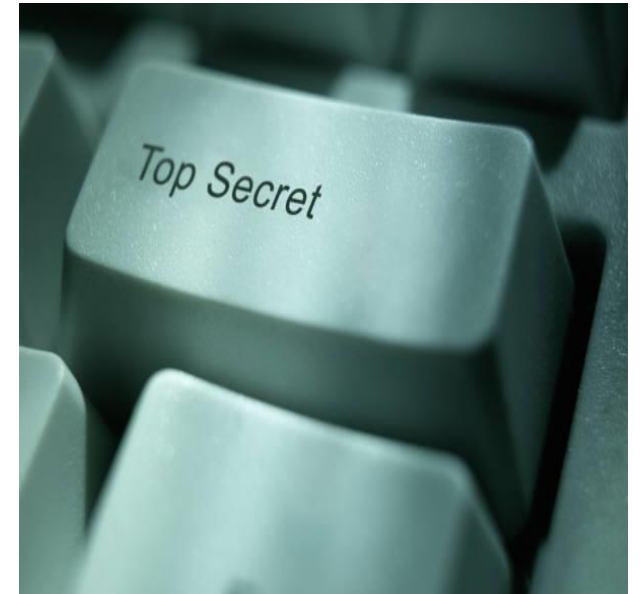
My definition for a 'sense of identity'

- Includes both personal and social identity, meaning I have a clear sense of who I am and how, where, and to whom I belong
 - That includes understanding
 - what it means to be human (likeness)
 - what my personal giftings are and are not (uniqueness)
 - my values
 - the community(ies) I am part of
 - my role and place in those communities

What we're also talking about...

- **Hidden Diversity**— a diversity of experience that shapes a person's life and world view but is not readily apparent on the outside, unlike the usual diversity markers such as race, ethnicity, nationality, etc

- *Ruth E. Van Reken and Paulette Bethel, CIES, 2003.*



What does it mean to be a human and what do I need because of that?

- Relational
- Emotional
- Creative
- Intellectual




- Volitional
- Spiritual
- Unified
- Valuable

How do these realities also give me permission to understand and accept my uniqueness?

- Relational
- Emotional
- Creative
- Intellectual
- Volitional



- Physical
- Spiritual
- Significant
- Unified



What to do about shame?


- Sit and make a list of some system messages
 - Are any of them adding to your shame?

Messages from another school

- Preschoolers growing up in Asian Cultures, privileged families with various involvement of local help.
- Parents working with mission system. Reacting. Improvising.
- *Expectation that you would know and adapt on return to parents home country.*
- *“You are different” (home culture)*
- *You are responsible for supporting your parents’ ministry (OMF)*
- You are loved / special / worthwhile (family)
- You are alone (Chefoo) Learning is fun
- The systems we know conflict
- Conform to the rules / obey (Schools / OMF / Church)
- Jehovah Jireh
- Self-isolation and disengagement
- Conform. Chameleon mentality. Respond to peer pressure
- Not conform! Outwit the system; prove you can be bad!
- Stay silent, become invisible
- Put up defences / build walls
- Find other ways to express dissent
- Fight or flee
- Earn respect
- Work hard
- Avoid long term relationships and never be honest; superficial relationships

Coping strategies

- Humour and self-deprecation
- Accentuate the positives; gloss the story
- Smile technique!
- Hide your inner emotions
- Creative cunning – problem solving – finding alternative solutions
- Allegiances amongst peers – group mentality
- Block it out
- Stuff it
- Extreme fluctuations between intimacy and distance
- Work hard to deserve love – in an exaggerated form-
- Ignore
- Independence
- Chameleon
- Buck it!
- Conform
- Rebel
- Play the system
- Blend in and don't stand out
- Detach from those you love
- Play it up or play it down
- Perfectionism
- Suppress who you are
- Sex, drugs and rock n'roll



What to do about shame?

- Listen for the ‘I should’ and ‘I shouldn’t’ messages you tell yourself
- Ask ‘Who says?’
- Consider the paradox of the pride that is possible in shame!



Anxiety

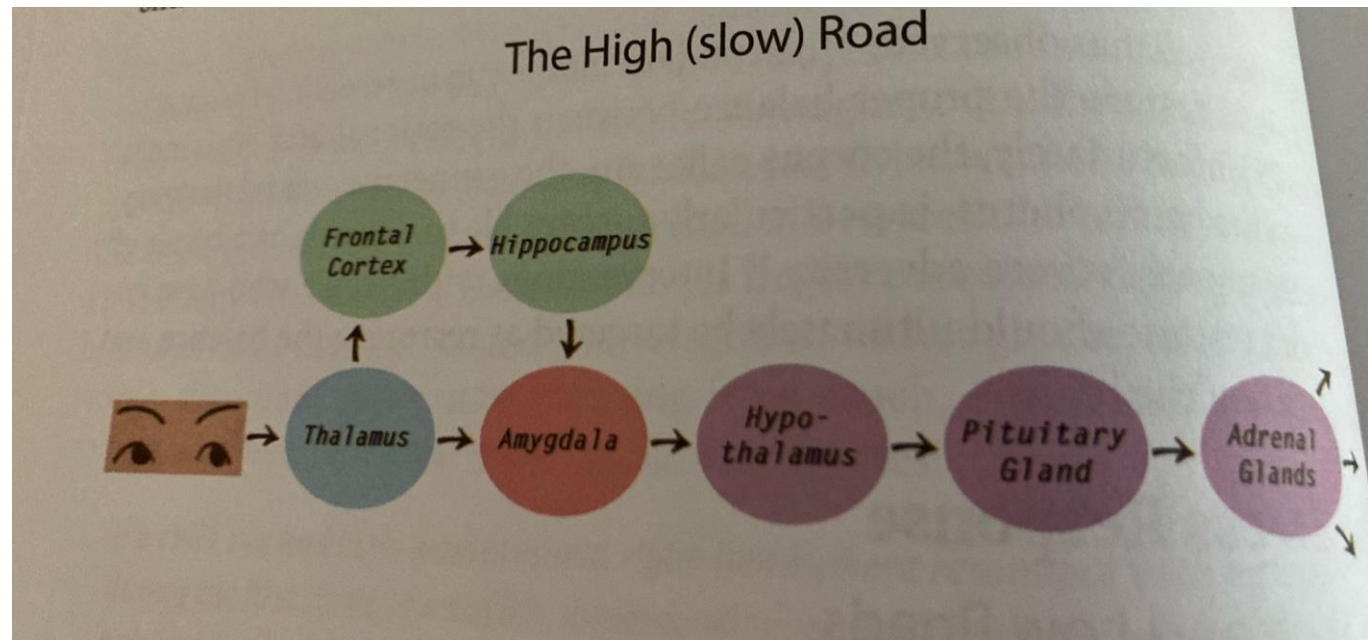
'Has it happened yet?'



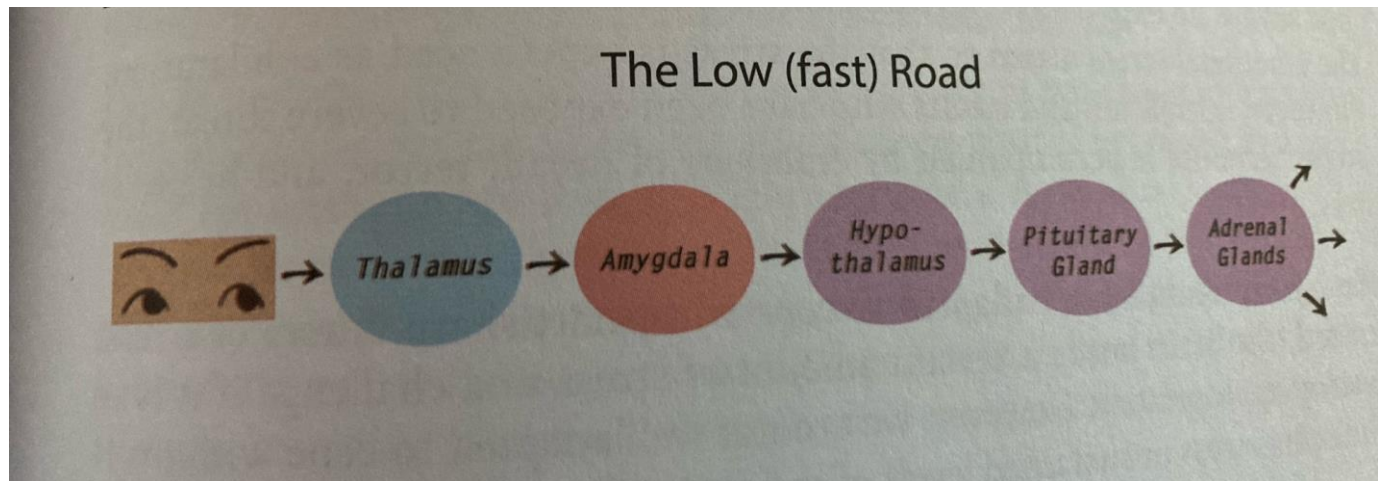
Strategies for healing...

- Putting language to the losses
 - When did I feel like this before? When triggered
- For me, the great 'I AM-ness' of God
 - Present in all time, all the time
 - Writing takes me back
- For you?
 - Therapy?
 - Art?
 - Groups like this?
 - Paula to explain about EMDR

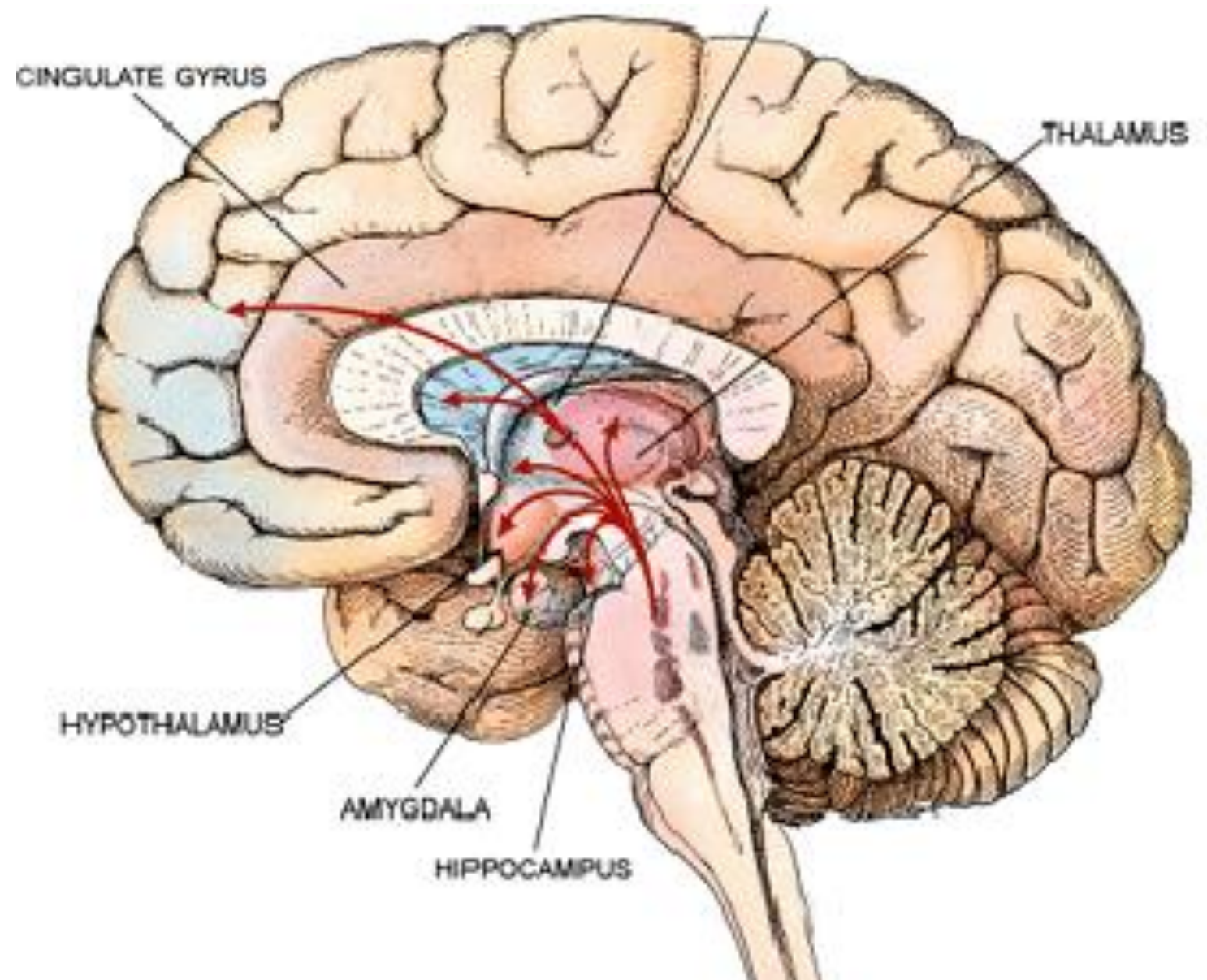
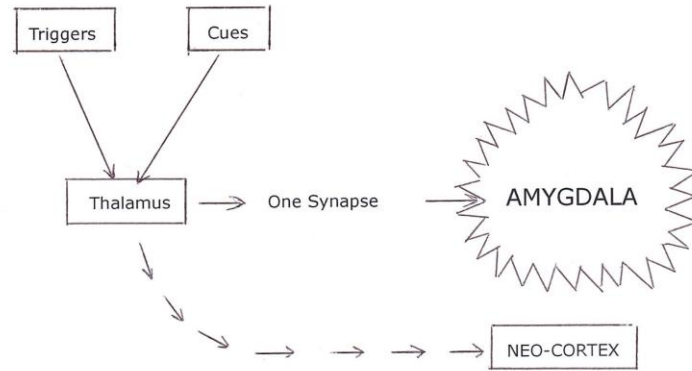
Normal
response to
surrounding
world



How trauma
changes
normal
response



Neuro Hi-jacking!





Last questions or comments?

- And thanks for having me!