

Personal Safety Nets® News

August 2008 - Inspiring Readers

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Dear Linda,

You've sent us stories, asked us questions, and said that the tips we've given have been helpful. Read on to learn how others are building and using their "Care-Share Teams", woven from their Personal Safety Nets® resources.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more." ~ Melody Beattie

How Eileen's Care-Share Team pulled together

Eileen wrote to us:

Donna, a good friend, knew I wanted and needed to get out of an abusive relationship. After checking with me, she officially **wove a team together** for me. She began by putting together an Excel spreadsheet of names and addresses.

I was in tears as we met to compile a list of who could commit to doing what and when. These folks provided dinner to my front porch, care for my two young sons, help around the house and yard, listening ears, and more. Donna sent email to everyone about what was going on in my world legally and emotionally. I think they did a lot of collective prayer as well, and I know that worked. **I never felt alone** as my world went upside down.

When it was time to sell my house they really kicked into high gear, cleaning and staging, moving furniture, taking a load to the dump, and getting us out of the way at open house moments. All things that would have been impossible alone!

Then there was the celebration of freedom when the divorce became final. I was overwhelmed with the generosity, but **it gave me great strength** to get through the day; and when my family called from the Midwest, I could truly say that I had a lot of support. I was doing OK.

My relationships with each of the members of the care team have

deepened and become more meaningful. I know what true friendship is. I will always be able to look back on this time of my life and know that when things got bad, they were there for me.

I know that I will be able to do the same thing for them if they are in need as well. **I would have been lost without my care team.**

Read below, and follow the quick and easy steps on how to weave a Care-Share Team together in a hurry.

Tips from Eileen's story

1. Have a lead person head up the care-share team. (It needn't be you).
2. Get organized about who will do what and when.
3. Keep everyone up to date on important issues - group emails can be great.
4. Appreciate each other on the team and forming new relationships.

We've learned that putting together a Care-Share Team strengthens all its members, and the total is bigger than the sum of its parts. When the Care-Share Team is no longer needed, celebrate the ending!

Q. Why do we all need more than one or two people in our Safety Nets?

A. There are so many reasons I'll just detail a few below.

1. It's summer and you and a couple of your friends want to go on vacation. If you and your friends are the entire safety net, you can't! Your friend would be left in the lurch. **But with a larger safety net there would be other people who can fill in.** Even in summer. So go enjoy.
2. No one gets burnt out when the demands are heavy or on-going.
3. The **collective IQ of a large safety net is awesome.** Answers, often many to choose from, come quickly and effortlessly.
4. With a **large safety net we can match the task** or need to be filled with someone who is uniquely interested in and skilled at that task.

Yes, it's true we all hesitate to ask for help. Few of us want to continue talking about safety net needs and what might happen. However, if you add the language of safety nets to your life and add members over time, all will be enriched. And none will be overburdened, or short on solutions or burnt out. So, enjoy your summer and **continue creating an ever larger safety net.**

Have You Checked Out the Story Index?

We all like to read and learn about how someone in a situation similar to our own was able to survive and even thrive during the adversity and change.

Our [Index](#) details hundreds of different challenges and topics based on the 75 different stories in the book. For example, Susan, a dancing friend of mine who recently broke her leg and is homebound right now, found inspiration in the story "Johnny tries to catch a piano" on page 13 of the book. It describes a safety net forming and helping Johnny and his family until he was out of a wheelchair and up again. Susan turned to this index (found on our website) when she got home from the doctor. Knowing she'd need help from friends, she looked for references to "asking for help."

Help your friends and family be prepared ahead of time for all sorts of situations and give them a copy of [Personal Safety Nets](#) today, with the Story Index easily downloaded from the website. It will help prepare them for the unexpected: whenever and in whatever form it comes.

Available early fall: the companion Workbook and Audio book.

QUICK LINKS

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We thank you, our readers, for continually sharing your real life stories with us. Let us know when an idea, strategy, or story works in your life. Let us know, too, if something doesn't go as planned.

We look forward to your comments and hearing how a Personal Safety Net has helped your life become more safe, secure and confident.

Your Personal Safety Net Team,

Judy, John & Linda

Personal Safety Nets

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