

WHAT IS GOING ON?

JODI HILDEBRANDT, LPC, MS

- Addictions
- Anger outbursts
- Communication problems
- Relationship difficulties of all kinds
- Many obsessive/ compulsive behaviors
- Selfishness
- Entitlement
- Jealousy
- Isolation
- Secrets
- Lying

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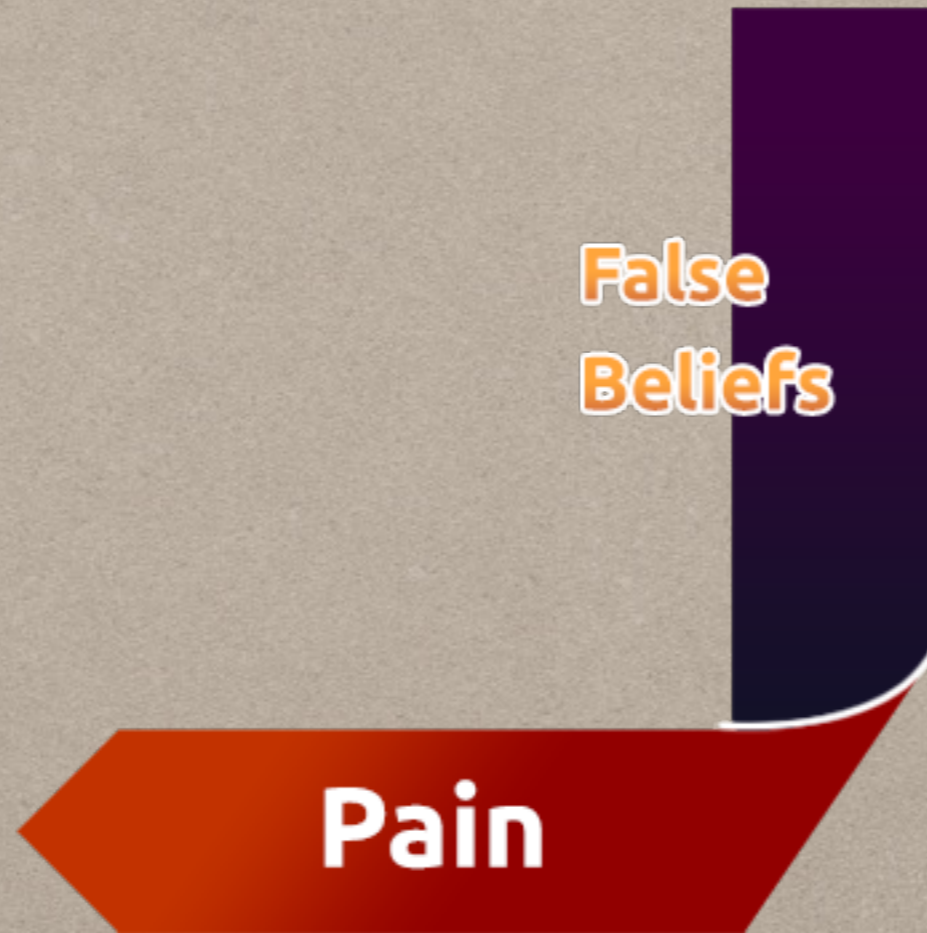
Even Suicide ...

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- Relationship difficulties of all kinds
- Many obsessive/ compulsive behaviors
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Even Suicide ...

... are SYMPTOMS of a single problem ...

EXPERIENCE

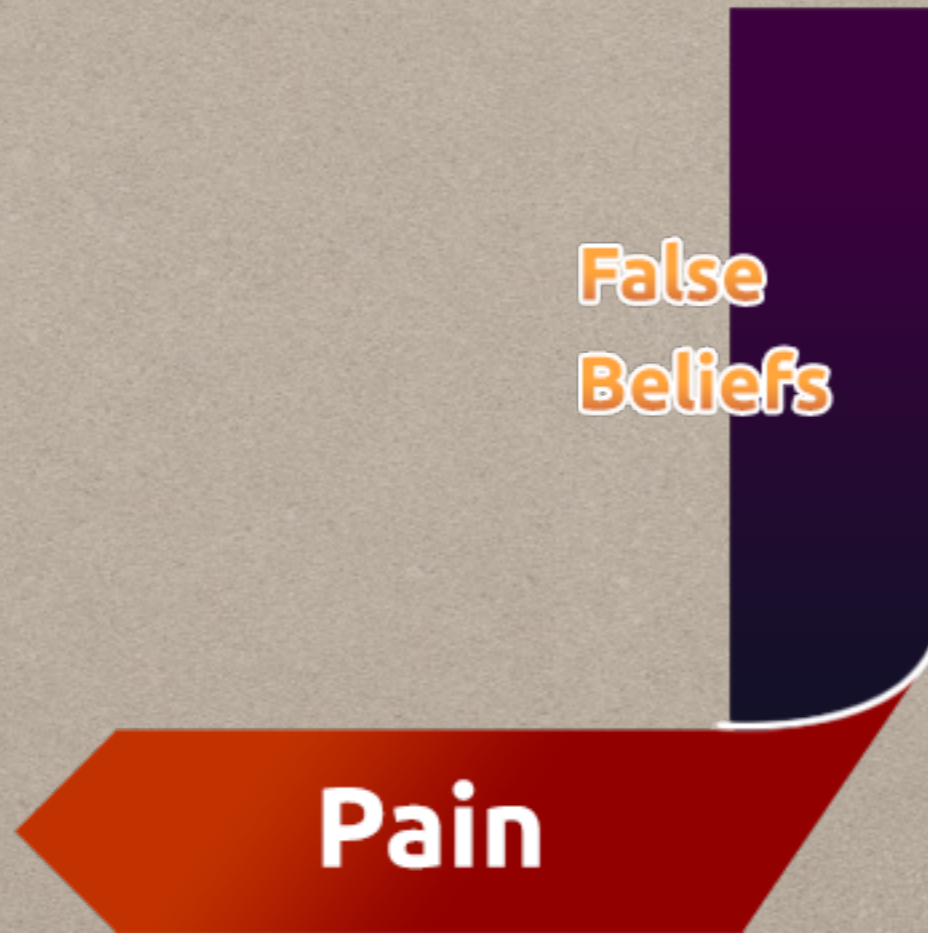


EXPERIENCE

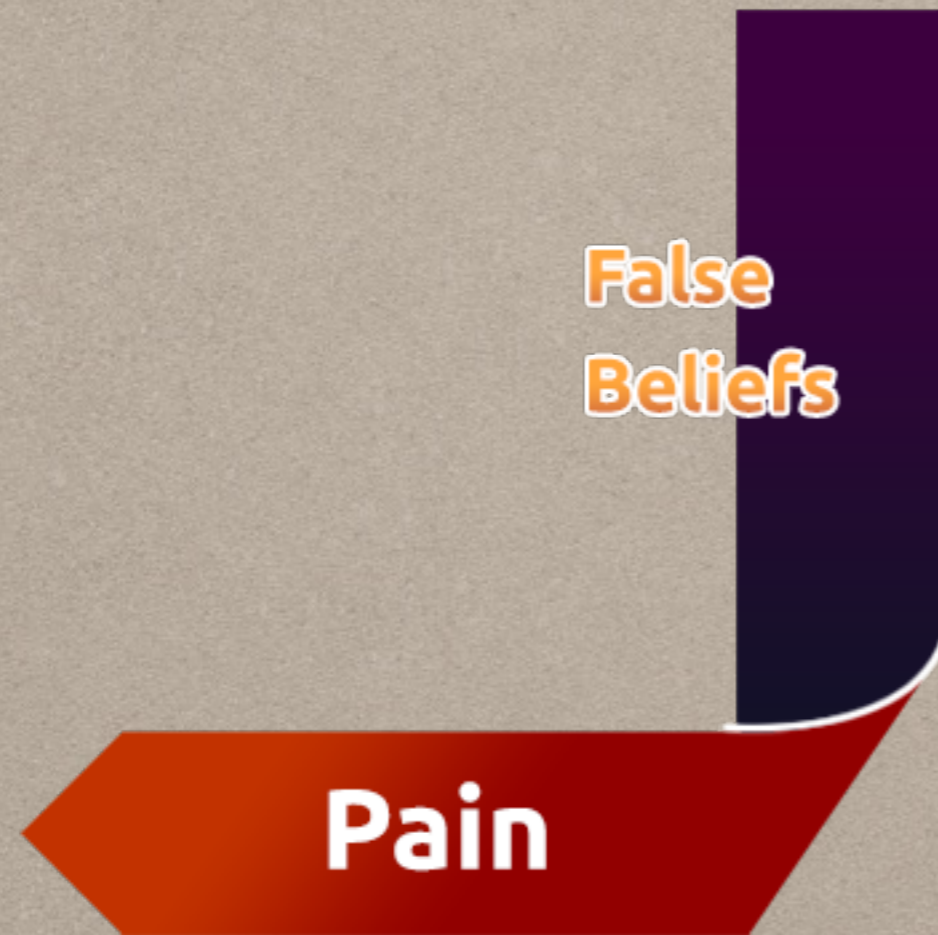
Fear
Anxiety
Chaos
Indulgence
Distraction
Defensiveness
Busy-ness
Resentment
Hopelessness
Impulsiveness
Disconnection
Loneliness
Dread
Avoidance
Anger

**False
Beliefs**

Pain



EXPERIENCE



We are trying to

CONTROL

... Control What?

EXPERIENCE



We are trying to

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... Control What?

Distorted thoughts

EXPERIENCE



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Distorted thoughts

Self-neglect

EXPERIENCE



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CONTROL

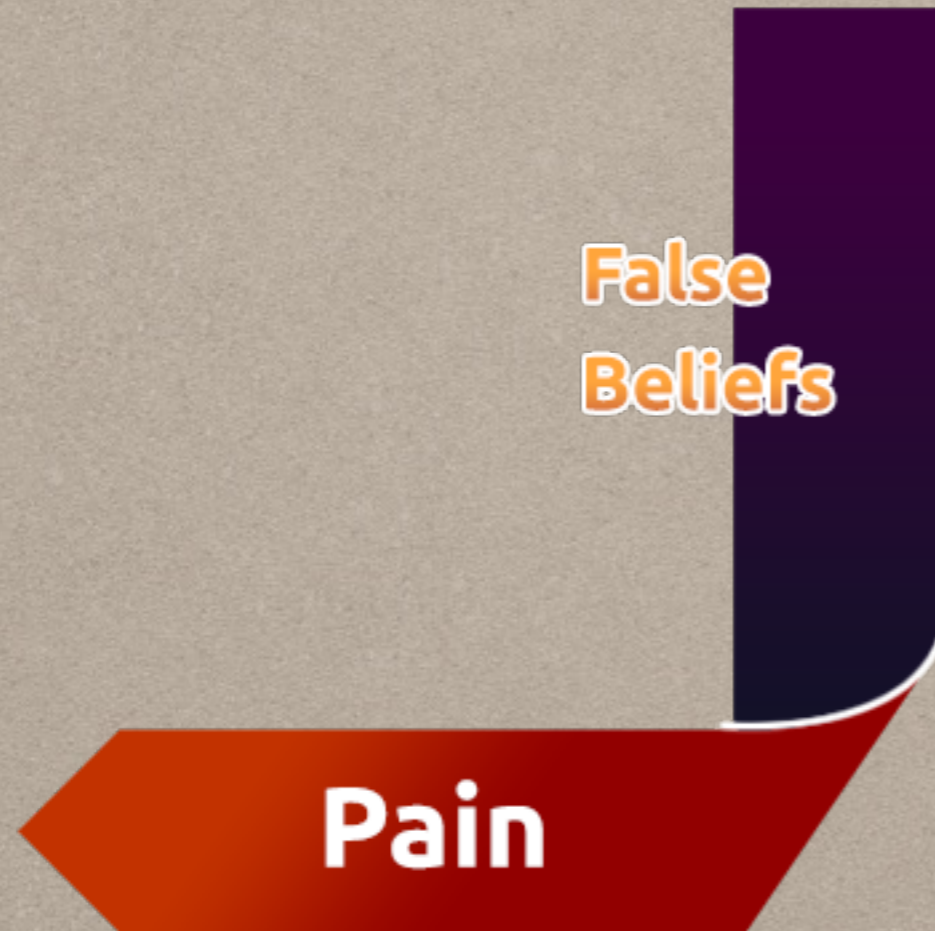
... Control What?

Distorted thoughts

Self-neglect

Drama

EXPERIENCE



We are trying to

CONTROL

... Control What?

Distorted thoughts

Self-neglect

Drama

Distraction / Denial
(Addiction)

What are we trying to control?

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The answer is so simple.

Many of you will walk away and say,
"That is too easy."

What are we trying to control?

The answer is so simple.

**Many of you will walk away and say,
"That is too easy."**

But it is the Truth.

We are trying to control
our ***VULNERABILITY***

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*How can we learn to understand,
acknowledge & accept our vulnerability?*

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our ***VULNERABILITY***

*How can we learn to understand,
acknowledge & accept our vulnerability?*

*When we learn to do that ... these
symptoms of control will **DISAPPEAR.***

WHAT IS VULNERABILITY?

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Vulnerability is a **CHOICE** to be emotionally & mentally open and willing to experience – and accept – Reality as it actually happens.

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Vulnerability is a **CHOICE** to be emotionally & mentally open and willing to experience – and accept – Reality as it actually happens.

Vulnerability requires us to risk emotionally – to put ourselves in a position where we **WILL** suffer pain, upset, and discomfort.

- Physically
- Emotionally
- Financially
- Socially
- Sexually
- Spiritually
- Familial
- Legally

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We are vulnerable to people, things, weather, money, information, relationships, loss, emotions, expectations not being met, the world, government, taxes, sickness, death, time, disasters, others' choices.

**WILL YOU ACCEPT THAT YOU
ARE VULNERABLE?**

WILL YOU ACCEPT THAT YOU ARE VULNERABLE?

There is a snow storm

Your car breaks down

You are robbed

Your child is sick

Your taxes go up

You fail math class

You are diagnosed with cancer

Your spouse leaves

You lose a job

Your child won't talk to you

You are kicked by a horse

You're spiritually directed to quit your job

Your friend backstabs you

Your family blames you

**We ARE vulnerable to
everything & everyone!**

*We can manage our vulnerability,
but we cannot stop it*

3 THINGS YOU CAN CONTROL

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1. Your Feelings

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2. Your Thoughts & Perceptions

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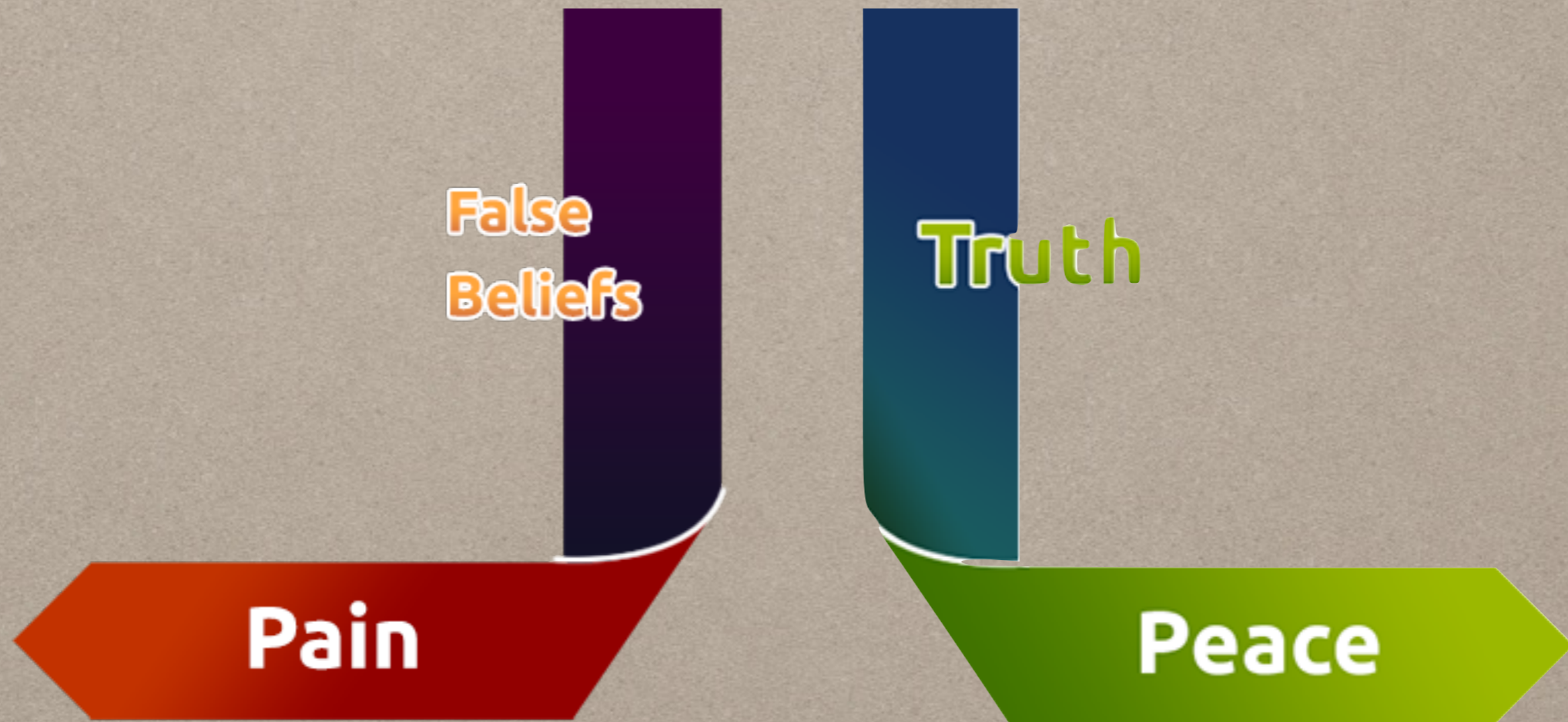
3 THINGS YOU CAN CONTROL

1. Your Feelings
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Your
**POWER
OF CHOICE**

EXPERIENCE



EXPERIENCE



- Faith*
- Confidence*
- Perspective*
- Order*
- Choice*
- Focus*
- Safety*
- Enjoyment*
- Responsibility*
- Optimism*
- Mastery*
- Engagement*
- Intimacy*
- Calm*
- Control*
- Clarity*

**HOW DO I ACCEPT THAT I'M
VULNERABLE?**

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1. "I can't *do* life without support & help from God or a Higher Power"

HOW DO I ACCEPT THAT I'M VULNERABLE?

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*Babies would die without help, and although we grow up, we still **NEED** one another.*

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(This is where most of us get emotionally sick)

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Put people into your life who are aware of *their* vulnerability, and thus, they know how to **VALIDATE** you!

Truth + Validation = Peace

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Honest

Responsible

Humble

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*(Self & others'
vulnerability)*

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Acceptance of

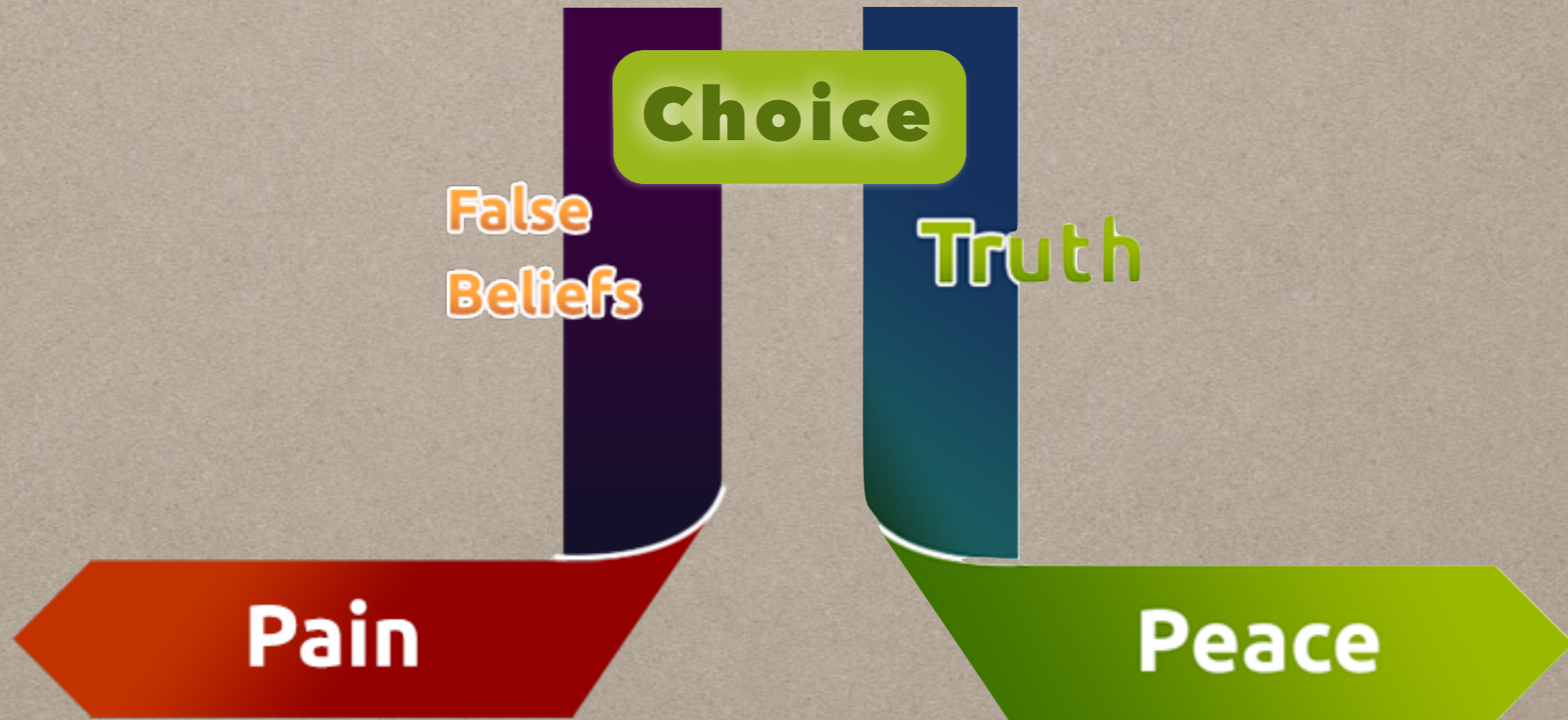
Responsible

Vulnerability

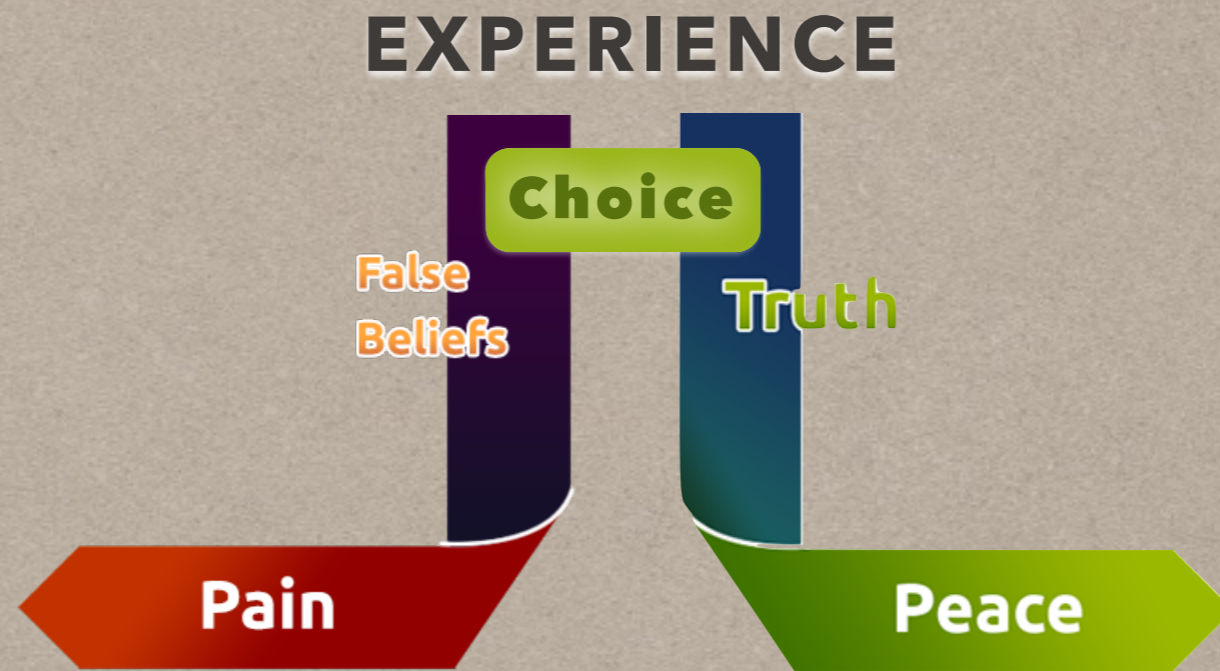
Humble

& Reality

EXPERIENCE



Fear
Anxiety
Chaos
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Hopelessness
Impulsiveness
Disconnection
Loneliness
Dread
Avoidance
Anger



Faith
Confidence
Perspective
Order
Choice
Focus
Safety
Enjoyment
Responsibility
Optimism
Mastery
Engagement
Intimacy
Calm
Control
Clarity

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